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Grass Roots

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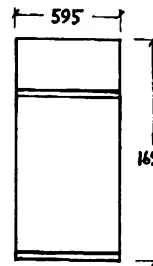
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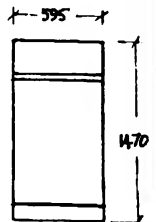
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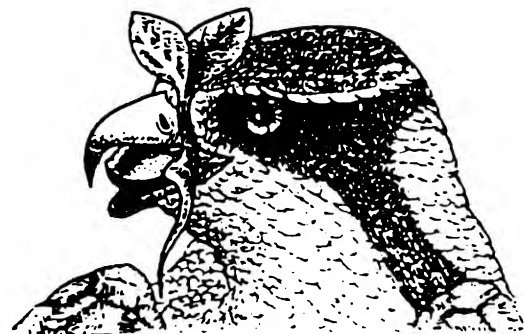
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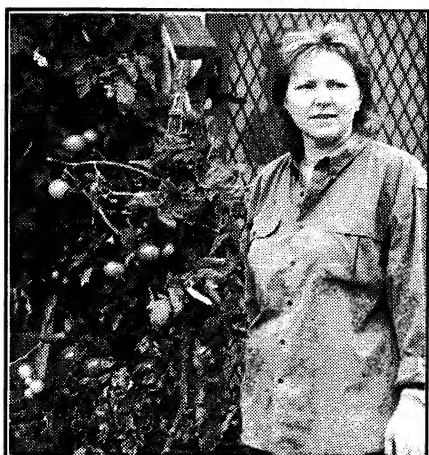
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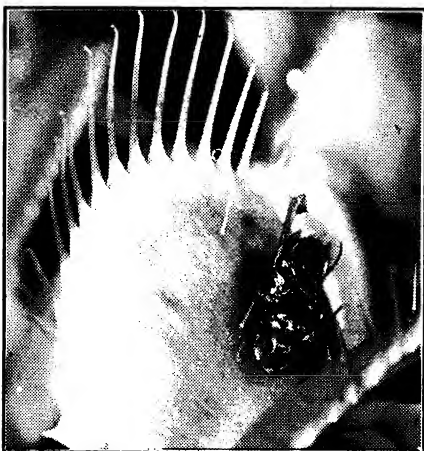
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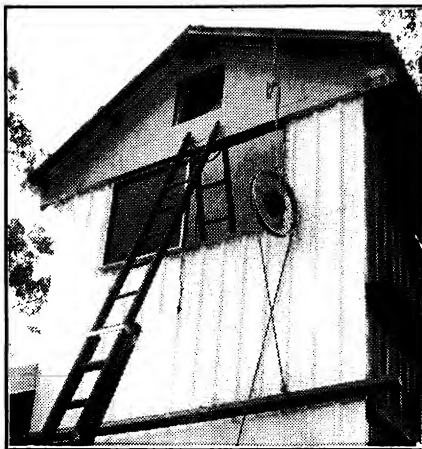
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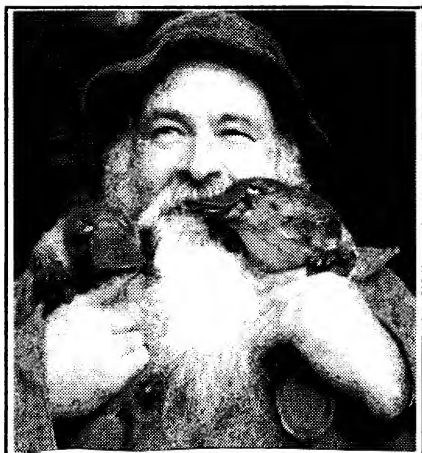
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COVER PHOTOS

Front Cover: The only way to protect endangered species, John Wamsley found, was to control predators. So he fenced his property, restored native habitat, and the wildlife, including these platypuses, bred happily in their new secure home. Read John's story on page 6. Photo by Martin Jacka, *The Advertiser*, Adelaide.

Back Cover: The tropical pitcher plant reminds us of an often overlooked biological method of insect control. Evolution has produced a range of plants which utilise fresh insects as part of their varied diet. See story by Tony Camilleri on page 9. Photo by Tony Camilleri.

Edited by Megg Miller and Mary Horsfall.

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GUMNUT GOSSIP

by Megg Miller.

I'm sure you will have looked closely at the young platypuses on the cover; they look extraordinary creatures, a bizarre mix of a furry animal displaying duck-like characteristics. Remarkable also is the fact that they are assured a long, predator-free life. These young were hatched naturally at waterholes in the Warrawong Sanctuary, South Australia.

For years we have been looking at how best to support wilderness conservation. We share with readers a love of the Australian countryside and its unique flora and fauna. Regrettably, responsibilities preclude us dropping pens and rushing out to become involved in action.

Readers keeping livestock or developing sustainable properties share a similar dilemma, it is just not always possible to personally protest. For many of us, environmental concerns have had to be expressed at a distance. When we looked at how active the magazine has been in encouraging the preservation of our gardening and farming heritage, we realised our support should reflect the magazine's hands-on approach. Our articles on rare farmstock, saving vegie seed, growing old-fashioned roses and securing or restoring orchard diversity have been primarily about acquiring skills and knowledge so each and all of us can take on the degree of commitment time and money permits.

Choosing from amidst the many hard working and worthy groups undertaking conservation efforts was difficult, but we have decided to get behind Earth Sanctuaries because of its practical bias. It is re-establishing and protecting wildlife by creating an environment where the destructive forces of predators and progress are kept at bay. As well, we can visit and even stay at these havens, to observe the work that is being undertaken, not just with wildlife but also in restoring natural vegetation. Those able to may wish to financially support the sanctuaries. You will find the article on the conservation work of visionary, John Wamsley, fascinating, it is an example of what can be achieved when an individual is passionate about their cause. We look forward to presenting different aspects of

the work at the sanctuaries in the months ahead.

Many of our readers and writers are passionate about their life's purpose too, and some have been selected as candidates in this year's *Grass Roots* Awards. We have an inspiring list of quiet achievers for you to ruminate upon and hope you will undertake the unenviable task of singling out a nominee from each category for special recognition. How can you decide when all aspirants are outstanding examples of the GR community, folk whose lives exemplify the values and practical skills we all aspire to? Challenging it may be – we will be looking out for your selection. To help with the decision making, Mary has briefly described the nominees (pg 67). Don't forget that closing time is November 1st, plenty of time for you to photocopy the page so the magazine remains intact. Look out for the winners next issue.

Occasionally the mail we receive carries sad tidings and it is with a heavy heart I pass on the news of the recent death of Don Reynolds. Don is a nominee in the Innovations category of the GR Awards and has long been known to readers for his DIY articles on aspects of alternative technology. Don died from smoke inhalation when his cottage was gutted by fire in July. Many readers had corresponded with Don over the years and benefited from his knowledge. 'While going through his papers I found hundreds of letters from your readers, either asking for further information or thanking Don for his reply,' wrote his sister. We regret the early passing of such an active, productive reader and offer condolences to his family. A line penned by Don's sister described him aptly: 'He seemed to have been very generous in sharing his considerable knowledge and ideas'. Vale Don Reynolds.

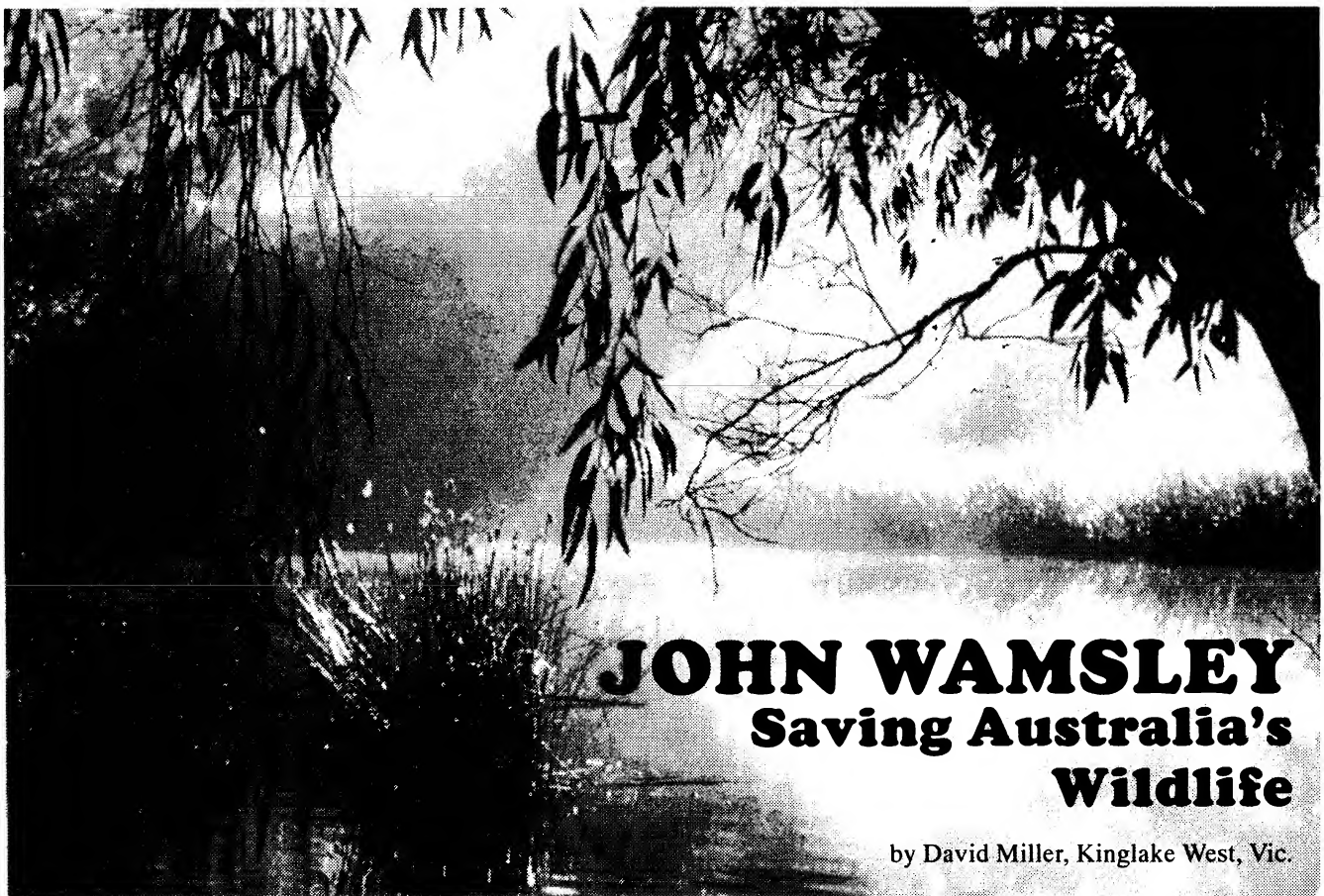
From time to time I've mentioned how considerable our incoming mail is, and looking at the piles and piles of letters you would never believe the recent literacy figures. GR readers enjoy writing to the magazine and to each other. This fact often stuns new advertisers, who are used to people picking up a phone and demanding instant an-



swers.

One of the letters that arrived in August didn't contain an address. This isn't all that uncommon and we frequently receive demented phone calls from readers who have realised their omission, or maybe left a page or even a cheque out. I've done it myself a couple of times and felt very foolish when sorting it all out. The recent letter requested a detailed answer so we are anxious to locate its author. Julie-Anne Miller from NSW wrote that she was keen to acquire a chook as company for the family duck. It was a pleasure to read her well thought out letter, the expectations she had of the bird and the limitations of her circumstances, and I couldn't help but admire her maturity and fine grasp of English. I hope she's typical of our young readers. If Julie-Anne can forward her address, we can help her find a suitable backyard breed of fowl.

This issue I am going to break a rule I've adhered to in the past – that of avoiding mention of the royal family. I'm sure we have been one of the few magazines to consistently ignore their goings-on. I feel compelled to acknowledge the deaths of Princess Diana, and, so soon after, Mother Theresa. It is clear from public response these two women have touched the spirit of people worldwide. Compassion, acceptance and loving care are basic needs but never before has there been a consensus on their value and the desire we all share to give and receive them. In fact, they may now be in danger of becoming fashionable! It is a pity it has taken a tragedy to highlight just how important these values are. What an inspiring legacy these two remarkable women have left behind.



JOHN WAMSLEY

Saving Australia's Wildlife

by David Miller, Kinglake West, Vic.

When John Wamsley was seven years old his father bought 166 acres of bushland at Niagra Park, in the hills north of Gosford on the NSW central coast. The family cleared 35 acres for a citrus grove and left the rest as bush, but it wasn't the natural habitat on the home farm that fascinated John most, it was the thousands of acres of natural bushland surrounding the property.

Gradually, John found himself enjoying his wanderings through the scrub more and more. His favourite pastime was searching for a quiet spot where he could sit in hiding and observe the native animals in their undisturbed habitat. He found he could easily see bettongs, bandicoots and parma wallabies, and, when he learnt to patiently hide in the shade and keep quite still, the shy, red-necked pademelons would appear. He learnt about their familial relationships, what they ate, how they cared for and fed their young, and how important the living ecosystem was in nourishing and nurturing everything interdependent within it. As the spirit of the Australian bush quietly crept into John's soul, the forest around the small citrus grove became his life, a fascinat-

ing life where everything worked as it should in a natural and sensible way.

In the outside world, however, progress was in full swing. At the end of the war new homes were being built for young families, land was being cleared to grow food to feed a peaceful world, and timber was in demand. As this activity grew, so did the destruction of native habitat, and as civilisation came to the bush it brought with it an invading army of hungry cats and foxes. The destruction of native species gathered pace as the ferals hunted and killed their vulnerable prey.

John first noticed the predators when he was 11 years old and by the time he turned 14 there were no native animals left in the forest. As the numbers of each native species dwindled, and his idyllic life faded, John's childhood drawings reflected his preoccupation with saving the bush animals. At the same time his anger grew and grew. Why didn't someone stop this destruction? Why weren't our native animals important to anyone? To this day, John Wamsley still cannot understand why no action was taken, why no one thought about preserving the natural

environment and why no one seemed to be even aware of the problem.

John's happy childhood gradually developed into a troubled adolescence. He found his grief for the loss of the native animals grew and he didn't want to be part of a society which did not care for its national heritage. He became unsettled, antisocial, and eventually left home at age 16 to commence work in Newcastle.

John quickly found work as a trainee metallurgist and started to renovate houses in his spare time. At 25 years old, he decided he needed qualifications to generate a better future for himself. So off he went to university, gaining a PhD in mathematics by age 29.

All this time, however, he was still haunted by the dream of finding a way to preserve native species. After some enquiry, he found that only one Australian state – South Australia – would permit the keeping of native species in captivity. This sounded rather ridiculous at the time because you could shoot Australian wildlife with impunity just about anywhere in the country.

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Moving to South Australia in 1969, John purchased a small, rundown farm of fourteen hectares where his preservation programme could be carried out as a hobby. He first built a waterhole and planted thousands of native trees and shrubs. The locals thought him mad, and he was – mad at the loss of habitat and wildlife and mad enough to fund his own research to find practical ways of preservation. The madness didn't stop, however. John put in more waterholes and commenced a revegetation programme, planting 5000 native species per year. Gradually the birds came back, filling the farm with their song. Wildfowl populated the waterholes, ducks began to nest, and John Wamsley's madness became the nightmare of his youth as the cats and foxes moved in and devoured the wildlife once again. John realised that the only way to be successful was to use a fence to keep the predators out.

In 1973 John obtained council permission to remove a large group of pine trees to build his protective fence, but when the work was being carried out local residents commenced a

protest. Because the trees weren't natives, and he already had council permission, John continued his work quietly. One day when clearing was in progress, the police arrived without warning and took John into custody, a large pine falling on the police car in the process. He was charged with 'damage to a tree in an avenue worth more than \$2.00'. The case was eventually dismissed, after expensive and time-wasting deferrals, because of the prior written approval from council. John completed the protective fence in 1975, made sure no predators remained within its boundaries, and settled back to see how effective it would be.

These days, John Wamsley will quickly tell you that the fence has never let him down. In fact, when he and his wife, Proo Geddes, found how well it worked they decided to stock Warramong Sanctuary with native animals. Almost immediately they obtained brushtail bettongs and rare striped pademelons from a zoo at Peterborough that was closing down. Other species were also introduced, and in this secure location they thrived and continue to do so.

Warramong Sanctuary is now open to the public who can visit and see for themselves how to protect and save en-



The eastern quoll is being re-introduced to Buckaringa sanctuary.

dangered species. Since 1987, 100,000 trees and shrubs have been planted and more than one kilometre of creeks and pools constructed. Platypus are now breeding in the lakes and waterways, and kangaroos, wallabies, bandicoots, pademelons, potoroos, possums, quolls, and other native animals, birds and butterflies can be seen in peaceful surroundings. There are 'natural beauty' improvements including a rainforest, dry forest, scrub, wetlands and open grasslands with native flowers and grasses.

Warramong visitors wishing to stay overnight are provided with revolutionary 'tent'-style luxury accommodation which has reverse cycle air conditioning, electric blankets, wall-to-wall carpet, and an en suite bathroom. Overnight stays include dinner at the bird garden restaurant, guided sunset tour, dawn walk and cooked breakfast. For day visitors, there is a day walk starting at 1.30pm, restaurant and coffee shop, craft shop and a native plant nursery where hundreds of indigenous species – from ground covers to fast growing eucalypts – can be purchased, as well as free advice on planting and management programmes.

A visit to Warramong is full of interest for both adults and children and will generate plenty of ideas for those involved in landcare and the development of a property. It is a must-see when planning a holiday in South Australia. The funds generated by visitors to Warramong, now part of the Earth Sanctuaries group, are used to preserve endangered native species through the work of the Earth Sanctuaries Company John and Proo have started.

Further information about Warramong may be obtained by writing to: Warramong Sanctuary, PO Box 1135, Mylor 5153. Ph:08-8370-9422, fax:08-8370-8332. Email: info@esl.com.au, Web: <http://www.esl.com.au>.

EARTH SANCTUARIES

When John Wamsley realised the essential ingredient in wildlife protection was adequate fencing, he approached conservation groups and government departments for support. He offered them a proven method of saving endangered species, but, to his

surprise, they weren't interested. Deeply concerned about this country's most valuable resource, he and Proo Geddes set up a company to save Australian wildlife, structured so that Australian families could participate. Earth Sanctuaries, formed in 1988, now has

over 900 shareholders and five sanctuaries covering more than 70,000 hectares in two states.

Warramong is the first of the Earth Sanctuaries, located at Mylor less than half an hour from Adelaide. It has excellent accommodation and facilities

for day and extended visits.

Yookamurra Sanctuary is only 120 kilometres from Adelaide, in one of Australia's most unique ecosystems, the mallee. Covering 2600 hectares, the first section involves 13 kilometres of fence to protect endangered species such as bilbies, numbats, stick-nest rats, boodies and woylies which have already been introduced. Shearers' accommodation is available for up to 40 people, and there is a recreation room/dining area. Yookamurra has become a popular destination for school groups and tourists.

Buckaringa Sanctuary is in the magnificent Flinders Ranges, 30 kilometres from the township of Quorn, and covers 1600 hectares. It is made up of three gorges – Buckaringa, Middle and Greers, the home of the largest remaining colony of yellow-footed rock wallabies. Unfortunately, of the sixty species of mammals living in the Flinders Ranges 150 years ago, only twelve remain. When fenced, the sanctuary will prevent further loss of fauna and aid in the regeneration of the natural vegetation. A planting of 300,000 trees is planned, with tourist facilities consisting of forty self-contained cabins, reception centre, conference facilities, etc; all in a protected wildlife habitat of inestimable value.

Tiparra Sanctuary is the first coastal Earth Sanctuary and the first joint development. In 1994 Earth Sanctuaries completed the purchase of Cape Elizabeth on South Australia's Yorke Peninsula.

PREDATOR PROOF FENCE

The Wamsley fence is 2.44 metres high with an electrified wire 30 centimetres above the top of the fence. It has a 46 centimetre skirt which rests on the ground at each side to prevent burrowing. Since John Wamsley purchased Warrawong Sanctuary 20 kilometres of fence has been built to save Australia's wildlife.

sula. This comprises 1800 hectares of wonderful coastal reserve with the best reefs in the area and having an abundance and diversity of sea life, beautiful beaches, salt water and mud flats. It is hoped that 20 kilometres of coastline can be included in the sanctuary. The joint development is to be carried out with the District Council of Yorke Peninsula which controls about 1000 hectares of sand dunes adjoining Tiparra Sanctuary.

Scotia Sanctuary is the largest and most recent of Earth Sanctuary's projects. Located in western NSW, 150 kilometres north of Tamworth, and covering 64,805 hectares in area, it is a unique piece of relatively ungrazed country. Timbered with belah, mallee, sugarwood, cabbage bush and a wide variety of native shrubs, it is home to some of Australia's most beautiful birds including the rare mallee fowl. There is an abundance of spear grass,

copper burr, cannonball and other native grasses, and in spring a carpet of wildflowers spreads out in all directions. Improvements consist of two homesteads with shearers' quarters, and there are 24 main dams and three artesian bores.

MAIN ACTIVITIES

Earth Sanctuaries believes that the most valuable resource Australians have is their natural vegetation and wildlife. This will assume greater significance in the next century as tourism becomes more popular worldwide. While Earth Sanctuary's main activities are investing in, developing and managing more sanctuaries for the protection of Australian wildlife, it runs the secondary business of tourism to fund the running costs of the sanctuaries. This will underpin the increase in value of the sanctuaries as progress in this country makes pristine natural resources a scarce commodity.

YOU CAN HELP

John Wamsley has proved that wildlife can only be saved by fencing out predators. Unfortunately, Earth Sanctuaries is the only organisation prepared to take up this challenge but the company cannot do it without your help. You can support this important work and reap the benefits of it by purchasing shares in Earth Sanctuaries Ltd and by visiting their sanctuaries.

Shareholders in the company have seen the value of their shares rise many times over the last ten years as natural resources become increasingly scarce, and tourism increases. Shareholders have also participated in open days, received newsletters and obtained discounts on all costs when visiting the sanctuaries on their holidays. We at Grass Roots would like as many readers as possible to get behind this important movement to protect our wildlife and wild habitat. The most effective way to do this is by purchasing shares in Earth Sanctuaries. The minimum shareholding is 500 units and their value from the most recent prospectus is \$1.50. This is an excellent and practical way to participate in preservation for ourselves, future generations and the future of the country.

Information on shares, visits, facilities and even help with starting your own sanctuary is available from: Earth Sanctuaries, PO Box 1135, Stirling 5152. Ph: 08-8370-9422, fax: 08-8370-8332.

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NATURE'S BUG CATCHERS

by Tony Camilleri, Casuarina, NT.

Are you having problems with insects buzzing, crawling and biting in and around the household? Being environmentally conscious, you are reluctant to spray harmful insecticides and must tolerate these annoying insects. However, there is something you can do to reduce the problem.

Nature has created a range of plants that consume insects as part of their daily diet. They are totally environmentally friendly and appear in a variety of beautiful shapes, colours and sizes. They are commonly known as 'carnivorous plants' and there are over 560 different individual species to capture any type of insect and survive in all climates.

These plants have evolved this unique ability as a result of their naturally harsh growing conditions. Many of them live in swamps and boggy terrain which is highly deficient in nutrition. The lack of food from the soil has resulted in the amazing adaptation to enable certain plants to 'eat' insects as an alternative source of nutrition.

VENUS FLY TRAP

This is probably the most popular and most easily recognisable of all the species. Charles Darwin, who wrote a book on these amazing plants, titled *Insectivorous Plants*, described this species as the most wonderful plant in the world. It is a native of North and South Carolina in the United States, but is commercially grown in every continent.

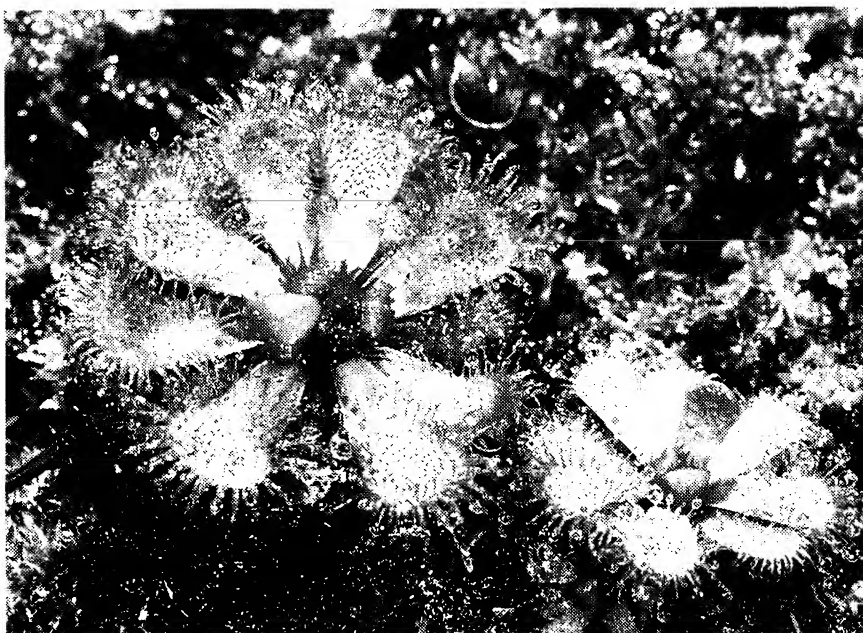
The typical Venus fly trap is about the size of two one-dollar coins and grows about six traps. It is generally green in colour with red inside the trap. However, there are many variations such as all-red or yellow varieties. As its name suggests, it is an efficient trap for flies which are attracted by the sweet smelling nectar it produces and its often bright colours.

The triggering mechanism of the plant includes three tiny hairs and,

once a fly has strayed within the trap and touched these hairs, it quickly encloses the victim. At first the trap will only be three-quarters closed, allowing any tiny insects to escape, but after a few hours it will tightly shut and

squeeze the fly.

Acids and enzymes are then released and the goodness consumed from it. The trap will re-open after a few days, leaving the empty shell of its victim. It's now ready to capture again.



Above: Sundews glisten in the sun when their sticky tentacles are wet.

Below: A Venus fly trap at work. (Photos by Sam Camilleri)



Each trap will open and close about three times and then blacken and die. It is recommended to cut off the dead trap and new growth will soon appear.

Keeping And Caring

Like most plants, Venus fly traps are easy to keep if grown in the right conditions, their only requirement being about four hours of daily sun and an abundance of water.

The best form of watering is to place the pot in a tray, keeping it topped up with about two centimetres of water at all times. The plant will draw the water up from its root system. The best indicator of sufficient sunlight is for the plant to show red within the trap. A fully green plant generally indicates insufficient sun.

A small pot of Venus fly traps will survive happily on the kitchen window sill, capturing flies that stray into the area. A large pot full of plants can be placed near a door to lure flies and keep their numbers controlled.

They are available at most nurseries, generally in small seedling pots. I would recommend repotting them into a larger pot with a potting mix of three parts peat moss and one part coarse river sand, enabling the plants' roots to spread.

Sphagnum moss can be placed in the bottom of the pot to prevent the potting mix from emptying through the holes. It will quickly grow and appear on the surface and can also act as an excellent moisture indicator. Whilst it remains green, the soil is appropriately wet.

During winter the Venus fly trap becomes dormant and ceases growing. Do not panic. Simply remove the pot from the water tray and allow the soil to remain damp, but not wet as it is prone to root rot during this period. When spring arrives, place it back into the water tray and the plant will grow larger and healthier than the previous year.

Do

- keep wet in summer/moist in winter
- trim dead leaves
- give about four hours of sunlight per day

Don't

- fertilise
- poke or prod traps
- feed plants with insects
- use ordinary potting mix

PITCHER PLANTS

These comprise a group of eight species from America. They are a mag-

nificent and beautifully coloured genus of plants. Pitcher plants obtain their name from the shape which resembles a water pitcher. They are available in greens, whites, purples and reds and are extremely impressive and unusual in appearance.

They can grow up to about forty-five centimetres in height (depending on the species), and are efficient at capturing crawling insects. The prey are normally lured into the pitcher by sweet tasting nectar which is strongest at the rim of the pitcher. The insects crawl up and fall inside the plant into a potent brew of acids which quickly drowns and consumes the victim. One plant can capture many hundreds of ants.

Keeping And Caring

They are a hardy group in temperate climates and can be kept in similar conditions to the Venus fly trap. Care should be taken not to expose them to extremes of heat as this will burn and dry the pitcher. They should be kept at temperatures below 34 degrees Celsius. These species also experience a dormancy period during winter.

SUNDEWS

Otherwise known as flypaper traps, they derive their name from the glorious effect of glistening in the sun when their sticky tentacles are wet. The tiny glue-like tentacles protrude from the edge of the leaf, then form droplets of a sticky substance which captures any prey that lands on it. The insect is instantly glued on to the plant. Within minutes the sundew slowly closes around its insect and further tightens the grip on its prey. The more the insect struggles the stronger it is held by the glue. Enzymes are then slowly released from the tentacles on the plant. The enzymes break down the protein from the insect so it can be absorbed by the leaf. A pot of sundews will prove to be excellent at capturing small flying insects such as mosquitoes.

Whilst only small in size, they are remarkably beautiful in appearance with a variety of colourful flowers. There are over 180 species with about 66 native to Australia in all regions. They appear in a variety of shapes and can often be found growing in boggy areas.

Keeping And Caring

You must first select the species which can survive in your climate. Specialised growers can assist with the

choice (see suppliers at end of article). Because of the wide variety of plants available, it is best to obtain growing information from the nursery, however, most will survive alongside Venus fly traps and pitcher plants.

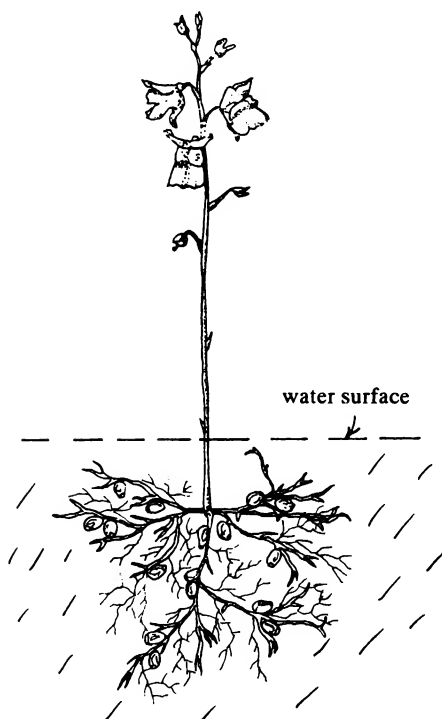
BLADDERWORTS

There are over two hundred different species of bladderworts. They capture their prey through tiny bladder-type traps. Once an insect touches the trigger hairs it is sucked inside to be devoured by the plant.

They survive in a variety of environments which include: aquatic (in water), terrestrial (on land), epiphytic (on trees). The aquatic species are excellent at capturing mosquito larvae.

They are extremely easy to keep, requiring to be kept in water with a slight acidity. Bladderworts can assist with controlling the mosquito population through eating the larvae in the water.

Bladderwort



THE TROPICAL PITCHER PLANT

These are by far the most spectacular of all carnivorous plants, with one plant growing up to fifteen metres tall. Most tropical pitcher plants are native to the rainforests of south-east Asia, with one species growing in northern Queensland. This group of plants must be grown in tropical areas, otherwise a

specialised hothouse is required.

The physical appearance is basically a tall stem in the centre with leaves protruding and a pitcher which grows at the end of the leaf. This pitcher can grow up to thirty centimetres in height with a splattering of a spectacular red.

This group makes excellent ant catchers and will often be found to be full of ants if a pitcher is dissected.

It's an easy genus to keep if grown in tropical regions. The potting mix must be open, an orchid mix is suitable. Humidity should be high at all times with a daily watering from a watering can to simulate raindrops. Sphagnum moss should be placed on the top of the pot to assist in maintaining a high humidity. A filtered light position is most appropriate to stimulate a healthy plant.

THE BOG GARDEN

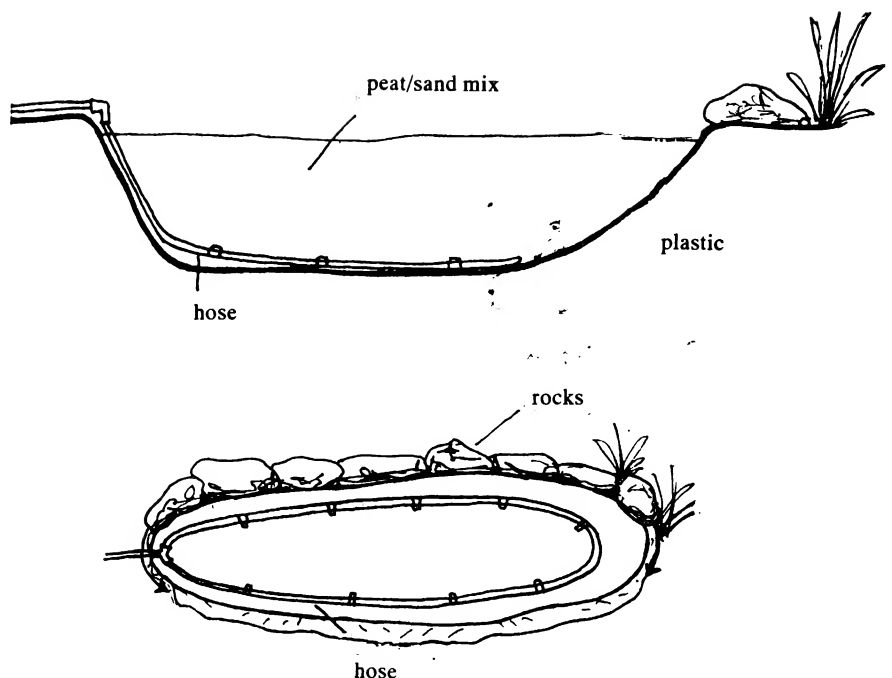
A most fascinating addition to your garden can be a carnivorous bog garden. Carnivorous plants can be an interesting and practical feature of an outdoor area.

Preparation

First, a hole about forty centimetres deep, with length and width up to the individual, is required to be dug. Once complete, the hole must be lined with thick plastic. A layer of sand can be placed at the base.

The watering system is next, remembering these plants need to be watered from below. I use a reticulation

Preparing a Bog Garden



hose with six outlets (see diagram).

The hole can now be filled, two-thirds peat moss and one-third coarse river sand is suitable. Soak the area for a few days until it is thoroughly wet. It is now ready for planting.

Venus fly traps, pitcher plants, sundews and terrestrial bladderworts will all happily live in this environment. The design can be left to the individual, but remember to keep the taller plants to the back. You now have your own

environmentally friendly insect catching garden.

Further Information

Victorian Carnivorous Plant Society, PO Box 201, South Yarra, Vic 3141.

Suppliers

(Specialists in mail orders)
Carnivorous and Unusual Seeds, 3 Normandy Ave, Para Hills, SA 5096. (Write for catalogue.)

Triffid Park, 257 Perry Rd, Keysborough, Vic 3173. (Write for catalogue.)

MASSAGE BENEFITS

Massage is beneficial in many ways. It relaxes the nervous system, muscle groups and the mind. Stroking, kneading and palpation stimulate the flow of

life – giving blood and lymphatic fluid, easing stagnation and removing acids, toxins and other impediments to tissue aliveness. Massage helps to reduce cel-

lulite, improve muscle tone and invigorate the skin. Massage also helps improve digestion, assimilation, breathing and flexibility.

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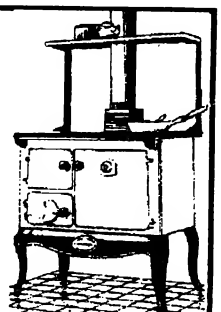
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CARDBOARD GIFT BOXES

by Louise Graham, Dandenong, Vic.

FOR A COUNTRY-STYLE CHRISTMAS

With all things rustic and country-style being in vogue, these textured cardboard gift boxes are not only simple and cheap to make, but are environmentally friendly *and* fashionable. They can be made in a range of sizes, for different sized gifts, by simply enlarging the pattern on a photocopier.

The basic box requires only textured cardboard or thick paper. However, gift wrap can be carefully glued over the cardboard to give an interesting effect. Raffia or string, with gumnuts, other seed pods, shells, dried flowers or leaves attached, will add a unique decorative finishing touch.

HOW TO MAKE

Tools and Materials

- cardboard
- gift wrap
- string or raffia
- decorative touches
- scalpel
- glue stick
- pencil
- scissors
- pattern

Method

Make up your paper pattern, using ours as a guide. Trace around outside of pattern on to your textured cardboard and cut it out.

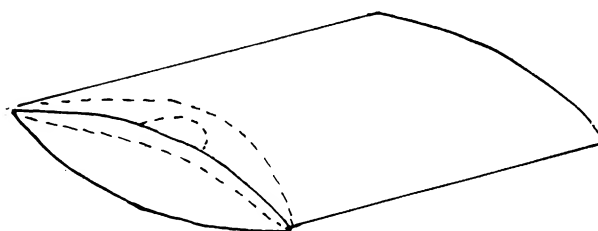
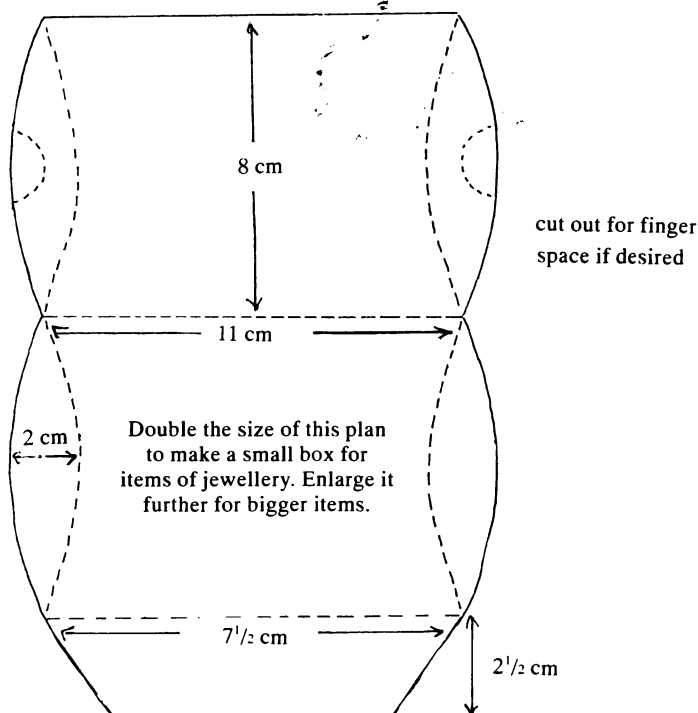
With the pattern over the cardboard, use a scalpel (or pin) to mark tiny holes in the fold lines, making sure the holes go through to mark the cardboard.

Remove pattern and mark the fold lines, following the pin holes, into the cardboard with the blunt end of the scalpel (or a knife). The fold lines need to be marked strongly before any folds are actually made.

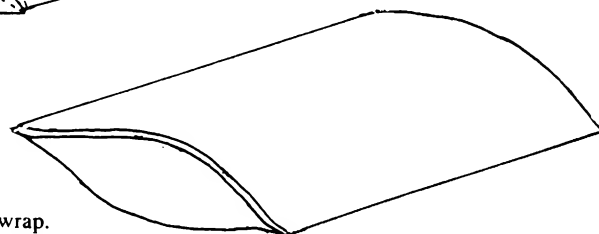
If covering the cardboard with gift wrap, cut out the wrapping to the size of the cardboard and carefully glue it to the outside, pressing firmly enough to remove any air bubbles. Trim any overhanging edges with the scalpel once the glue is dry.

Fold along the long scored line. Apply glue to the strip thus made. Fold

Plan of Box



Flap open to insert gift.



Box closed ready to wrap.

box in half and press glued strip over the other long side. Press firmly till sides adhere.

Fold in one scored end and press in flaps. Glue if desired, or if the contents require it, but this could make the box more difficult to re-use.

Place gift inside, fold in remaining

flaps and, again, glue if desired.

Now dress up the box as individually as you like with appropriate ties and rustic knick-knacks. String or raffia will hold the ends in place if you haven't glued them. A large flat leaf makes a suitable gift tag.

WHAT HAVE YOU BEEN EATING?

by Sue Turner, Buderim, Qld.

Some children run all the time, some have to be hitting out and picking on others constantly, some just get depressed and are always on the verge of tears. Just a quick walk around the local shopping centre will expose all these and more. Most behaviours described also used to portray our children.

By the time our eldest daughter was eight, she was a pain! She would come home from school every day in tears, complain of tummy pains constantly, and couldn't eat because of it. She couldn't concentrate, homework was a most traumatic experience and she wasn't doing terribly well at school. We thought she was having a nervous breakdown; either her or us.

We had discovered a few years earlier that the tummy pains were caused by duodenal ulcers, a simple case to treat. Three months on tablets and it improved, but soon happened again and we could not find a reason for the ulcers.

Our third daughter was three at the time. She suffered from the 'nobody loves me, nobody wants me' syndrome. Not a difficult child, but she did a lot of sulking. Her initials are TNT and as a baby we had nicknamed her little 'dynamite' which is exactly what she was like - very explosive and impossible to reason with.

The breakthrough came when a doctor suggested a change of diet for our eldest. We had always given her orange juice for lunch at school. After all, we reasoned, it contains lots of vitamins. Orange turned out to be one of the worst foods. The diet we tried and succeeded with is the Feingold diet. Discovered by Ben Feingold in the USA in the early 70s, it excluded all artificial colours, flavours and most preservatives, and any food containing salicylates from the diet. Salicylates are found in aspirin and occur naturally in many fruits and some vegetables.

The diet works equally well for both hyperactive (overactive) and hypo-active (underactive) people. Tomatoes and cucumbers are the only vegetables



The Turner family on holidays; everyone follows the same diet so no one feels they are 'missing out'.

excluded. Stone fruit, berry fruit, oranges, grapes (in all forms including sultanas), apples and almonds are among those foods excluded from the diet. Tea, coffee and chocolate have all been excluded too.

This may sound rather restrictive and severe but there are lots of permissible fruits, including pineapple, pear, banana, pawpaw, lemon, mango and passion fruit. Most tropical fruit seems okay, which is just as well as we live in that sort of climate. Most processed meats contain banned substances such as pineapple flavouring in ham, but we do allow the occasional feed of plain sausages. Even the humble Golden Syrup, on last check, contains colours.

There is no restriction of sugar, so we have homemade sweets such as toffee when the occasion calls for it and lots of delicious cakes and biscuits, all homemade of course, never from a packet mix. If pretty coloured icing is required for birthday cakes, beetroot juice makes lovely pink icing, passion fruit juice makes a nice yellow. For fizzy drinks we mix allowed fruit juice such as pineapple, mango or pear with soda water or mineral water.

Within about three days of starting the diet we began to notice an incredible change in our eldest. To make things easier we decided the whole family would follow the diet, that way there would be no one feeling they were missing out on anything. The tears slowed down and she became a much happier child. She was able to concentrate more easily on her school work and found life wasn't so bad after all. Our third daughter changed too, although until then we hadn't realised she had the same problem. Her behaviour moderated and we were able to reason with her for the first time. The diet is just part of our way of life and the difference it has made is incredible. Our eldest daughter finished high school as one of the top students at her school and has begun a Bachelor of Engineering course at university. She is happy, extremely bright and a pleasure to have around, something we could have only dreamed about before starting the diet.

Our little son is nearly five years old and affected in a different way to the girls. He is way overactive, but the diet works for him too. He accepts it very

ENERGY DRINKS MAY HARM CHILDREN WITH GASTRO



well and when recently offered a lolly politely refused saying he couldn't have those things because he is allergic to them.

We still have the occasional infringement, mostly accidental, but whenever anyone gets cranky, the first thing we ask is 'What have you been eating?'.

If anyone would like a copy of the complete diet please write, enclosing an SAE to: 10 Monks Cres, Buderim 4556.

PROTECTION FROM POISON

If you must use poison pellets in the garden - snail bait etc - put them in a piece of pipe firmly positioned to protect children and animals from them.

Treating children suffering from gastroenteritis with energy drinks such as Staminade and Lucozade may do more harm than good, the National Health and Medical Research Council warned recently. A brochure advising parents of the best treatment for diarrhoea was endorsed at the NHMRC's 120th Session held in Canberra a couple of years ago. The brochure highlights the need for parents and health professionals to be aware of how to properly treat children with gastroenteritis.

If a parent doesn't know how to treat gastroenteritis, they may end up doing more harm than good by giving the child the wrong fluids to drink. Children with diarrhoea need fluid to replace what they lose. However, many fluids have too much sugar and incorrect amounts of salt. Giving a sick child the wrong kind of drink can lead to more dehydration and illness.

The report recommends the best fluids to give are Oral Rehydration Solutions (ORS) which have a mixture of

special salts and sugars. These formulations are readily available at chemists, yet some people are still giving sick children the wrong fluids to drink. Long-held beliefs that soft drinks and fruit juices cure diarrhoea and dehydration mean that many parents unknowingly risk making their sick child sicker. Only children over 12 months of age should be given soft drink or fruit juice and even then it should be very diluted. Recommended dilutions for the safe use of soft drinks and fruit juices are also detailed in the report.

Because the evolution of gastroenteritis is often unpredictable and dehydration can develop rapidly, correctly formulated ORS is preferred to other fluids for the treatment of children with gastroenteritis. But under no circumstances should drinks such as Staminade and Lucozade ever be given to treat children with diarrhoea.

Consult your practitioner if you have any concerns.

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BURGEONING ABUNDANCE

by Connie Price, Bargo, NSW.

Many and varied are the ways in which people achieve their dream of a little bit of dirt in this wonderful country, and they make very interesting reading in this great magazine. I have always had the 'back to basics' urge, since being brought up on a mixed farm in Suffolk, the agricultural area of England, in the 1930s, when country areas were backward but still healthily unpolluted, just what GR readers are trying to re-create.

After army service in the 1940's war, I was invalided and unable to return to the life I knew, as things had changed. However country life still involved carrying one's own buckets of water for baths, no electricity, and riding a bike, which was then the only form of transport for ordinary people. With the squirearchy still prominent in rural Suffolk, there was no light work for the disabled among the agricultural 'slaves' who occupied the squalid cottages, all owned by the big agribusinessmen who spent more on chemicals than on the worker's pitiful wages and amenities.

I had to try my luck in London, where I found work and a husband, and had three children, but never got rid of those rural yearnings. My few square metres of suburban garden had half a dozen poor hens in cages, beans up all the neighbours' fences, and pumpkins hanging from the branches of the little lilac tree. Although the neighbours gladly accepted the few fresh vegies and new-laid eggs, I was always regarded as slightly dottie.

Many years ago a few others and myself bought two-acre shares of a derelict ex-coppice wood in Kent, England. But the short-sighted

council brought in draconian laws, forbidding even fencing our freehold plots, let alone building anything, so the situation there is hopeless.

One son inherited this 'good earth' instinct and migrated to Australia as soon as he qualified in engineering. He earned his few acres and house, found a lovely Australian wife and had a family. In 1988, when I was widowed, I brought my daughter, son-in-law and their children to holiday with my two sons in NSW. They are country lovers and decided to migrate here.

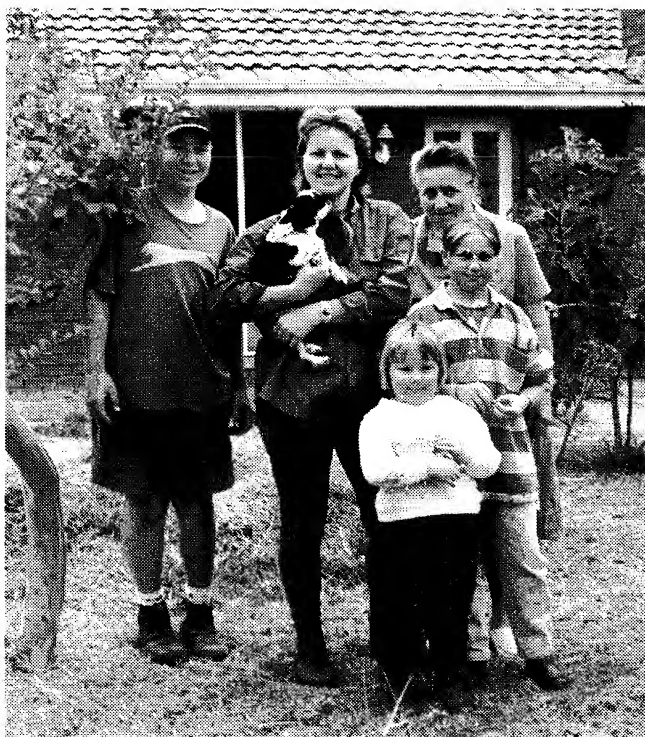
After two years of hassles, with the authorities trying every obstacle, we eventually arrived, and were lucky enough to be just in time for the auction of ten acres and a small house adjoining my son's land. We have now built a larger house for my daughter's family and I have the old one. With many trips

to the local market and lifeline shops we have created comfortable homes from preloved items, and have even acquired for free the dreamed of horses, pony, donkey and dog from people who wanted 'a good home' for their animals. My daughter was a groom (for other people) in England so is now happy to be able to keep her own animals.

I can keep busy all day with the vegie garden and free, happy, healthy hens in my bit of bush. Of course, gardening here is very different with all the mulching etc, but I am learning. And where in England could I have planted an orchard, with peaches, apricots, nectarines, oranges, lemons, kiwi fruit? Nowhere! Here, this type of life is regarded as the norm, not something for oddities. The children are healthier and enjoying the freedom and they and the adults have made many good and

helpful friends.

Young people taking the plunge in this country today are very lucky in managing to buy their own land. I hope they all realise it's a seven-day week and they need a very strong commitment for the hard work and long hours, especially if they have animals. But if they stay independent, with plenty of energy, they should win through. I hope one day the government will appreciate the asset they really are to this country and help with their aspirations. A real and beautiful countryside is not large lifeless prairies of chemical-fed mono-crops, but a multiplicity of happy, healthy people doing what they enjoy, with many various animals, crops, fruit and flowers: a kaleidoscope of living activity and burgeoning abundance.



Alex, Tania, Connie, Chloe and Bryony enjoy their new country lifestyle and caring for their animals.



Above: A little corner of vegie garden where Connie and family quickly learned to adapt to Australian conditions.

Right: Connie caring for her happy free-range poultry.



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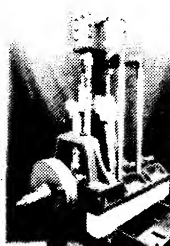
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HANDY ALTERNATIVES FOR HOUSEHOLD PRODUCTS

by John Mount, Woodford, Qld.

It can be very reassuring to have a substitute household substance on hand when the original inadvertently runs out. It's not as if we all live around the corner from a local supermarket, or are able to walk down to the corner shop whenever we like and buy whatever our little hearts desire. Imagine sustaining a nasty gash or some other injury and finding an empty antiseptic bottle in the first-aid kit, or wanting a slice of bread and finding an empty bread bin instead.

The following list contains substitutes for many of those household items that we sometimes seem to run out of.

KITCHEN

Bread

When the last slice of bread has been eaten the good old Aussie damper comes in handy, but for something different the North American Indian loaf of bread called 'chappati' is a good standby. Freshly fried, it tastes delicious, especially with butter and jam, honey, cheese, or soup. Take 250 g flour, half a tsp of salt and enough warm water to make a nonsticky dough. Knead it for a few minutes then roll into spheres approximately the size of golf balls. Flatten each ball of dough with the hand or a rolling pin into pancake shapes. Then place them in a frying pan, or on a barbecue plate without any fat. Cooking is completed in approximately one minute or when spots of brown appear. Wholemeal is the traditional flour, while self-raising is good and plain flour is passable.

Butter

Dripping can be used instead of butter for cakes, pastry and biscuits. To 110 g of clarified dripping add one teaspoonful of lemon juice and a pinch of bicarbonate of soda.

To augment a given amount of butter, cream 300 ml of fresh milk with 250 g of butter by adding the milk gradually.

Cakes

If cold coffee is added to a ginger cake or

a pudding mixture instead of milk it will enhance both the flavour and colour.

Cider

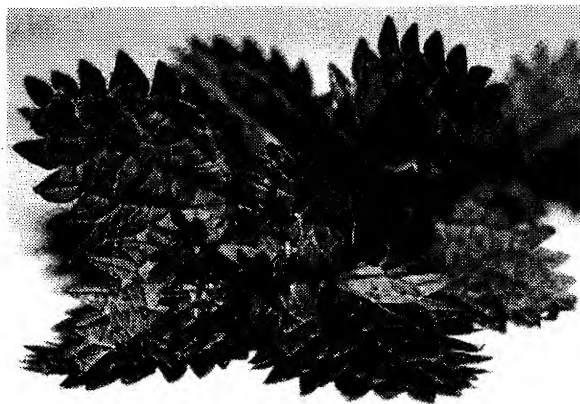
A good substitute for cider is two table-spoons of vinegar added to 280 ml of water.

Coffee

Dry pumpkin seeds in the sun or in an oven. When they are dry enough break in two, grind them by hand, by mincer or by coffee grinder. Then percolate until a brown liquid appears.

Cream, Whipped

An excellent substitute for whipped cream: take a nice fresh banana, slice and add to it the white of an egg, beat until stiff and creamy. It tastes great! Less calories too.



Common nettle can be used as a spinach substitute.

Egg Substitute

A good substitute for an egg when making cakes, is a level dessertspoon of custard powder mixed with a tablespoon of milk.

Flour

For two tablespoons of all-purpose flour in gravies and sauces, substitute one tablespoon of cornflour or one tablespoon of arrowroot.

Iceblocks

Try jelly crystals instead of artificial fruit juice when making iceblocks. Make up some jelly crystals as directed, pour into iceblock mould and freeze. They don't drip as much as standard iceblocks

and they're lots more yummy!

Milk

For one cup of fresh milk substitute half a cup of evaporated whole milk and water.

Spinach

Urtica dioica or common nettle is considered by some to be a nuisance weed, but when the young leaves of nettles are properly prepared they make an ideal substitute for spinach. Other byproducts of the humble nettle are nettle beer and tea.

Sugar

An excellent natural substitute for sugar is fresh honey. Vanilla is another good substitute for sugar and other sweeteners. It is also a good fridge cleanser.

LAUNDRY/BATHROOM

Starch

A starch substitute can be obtained by using the water strained from rice. Unfortunately it has a short life.

Hand Cleaning

Cold potato rubbed on the hands instead of soap cleanses the hands well and makes the skin smooth and soft.

Instead of using harsh and expensive solvents to clean paint-stained hands, try rubbing the hands first with dry sawdust or soapy sawdust, then wash with soap and water.

To clean greasy hands, rub with a piece of cut orange or lemon, apply some soap, and then rinse off.

Room Deodorant

A better substance than tea leaves for sweeping dust and sweetening the room is shredded rose petals.

WORKSHOP

Putty Substitutes

Some reasonable putty substitutes for those necessary jobs:

Take either talcum powder or stock of chalk, reduce to a powder and mix with a little linseed oil to a pasty con-

sistency.

A homemade putty can be made by mixing equal parts of whiting and linseed oil into a dough. Knead until it is smooth. If it becomes too oily lay it on some newspaper.

Another good putty can be made by mixing sawdust and a good quality wood glue together. If the sawdust is taken from the same wood type which you intend puttying, the putty will match perfectly. The glue will also help strengthen the article.

Turpentine

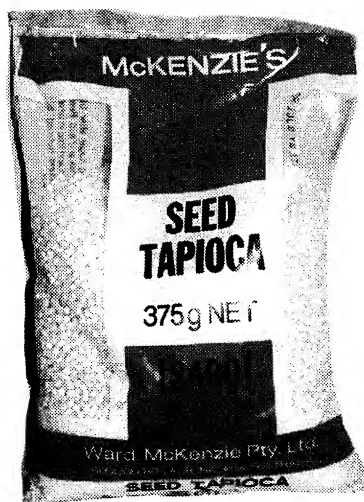
White spirit is a petroleum derivative used as a substitute for turpentine. Poisonous and flammable, it acts as a grease solvent and is a good stain remover.

GENERAL

Adhesives

Common substances can be used as adhesives when the commercial kind are not available.

- For labels, photographs in albums, stamps, envelopes, etc, use a thin paste of flour and water.
- Evaporated or powdered milk can also be used as a glue.
- Nail polish makes a good adhesive for postage stamps and envelopes.
- A good safe odourless, nonstaining glue can be made by soaking tapioca in



An excellent paste can be made from tapioca.

water. The resultant paste makes an excellent household glue and is particularly safe for young children, especially those who are continually putting things in their mouths.

- Another good household glue can be made by mixing powdered laundry starch and water into a paste and bringing to the boil. Allow to cool before using.

Wallpaper

Brightly coloured wallpaper can be used as a cheap and effective substitute for gift and Christmas wrapping.

FIRST AID

Antiseptics/Disinfectants

Some natural disinfectants and antiseptics that can be found around the home:

- Alcohol diluted with water is a good skin-disinfectant.
- Garlic diluted with water was once used during the First World War as an antiseptic.
- Salt has excellent antiseptic qualities.
- Cabbage leaf is mildly antiseptic.
- Tar possesses antiseptic properties. Amputated limbs were once treated with tar in order to seal and heal.
- Eucalyptus oil is a good disinfectant.



EDIBLE LEFTOVERS

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CITY FOOD FOREST

Artefacts and Animals

by Doug Bailey, Marrickville, NSW.

Last time I introduced you to our backyard permaculture forest describing the site and its constraints (challenges), our planting regime and a little of the philosophical stance that drives the whole venture. This article will discuss some of the artefacts which add interest to the garden as well as being of practical value. Animals, both indigenous and domesticated, also have their important roles in our permaculture system and these will be explained in detail.

TRELLISES AND TERRACES

Trellising is an economical use of space by exploiting the vertical dimension. City living has the advantage of forcing us to be creative in finding opportunities for food growing. The school-side paling fence has several lengths of chicken wire fixed to it. These trellises have chokos, passionfruits, hyacinth beans and other climbers growing on them. We let the vines sort out their own space and the chokos gracefully die back in winter to allow less vigorous vines a chance to spread. It's certainly much nicer looking at a wall of variegated green than at a lifeless paling fence.

In the very front (on the school boundary) and intertwined with the

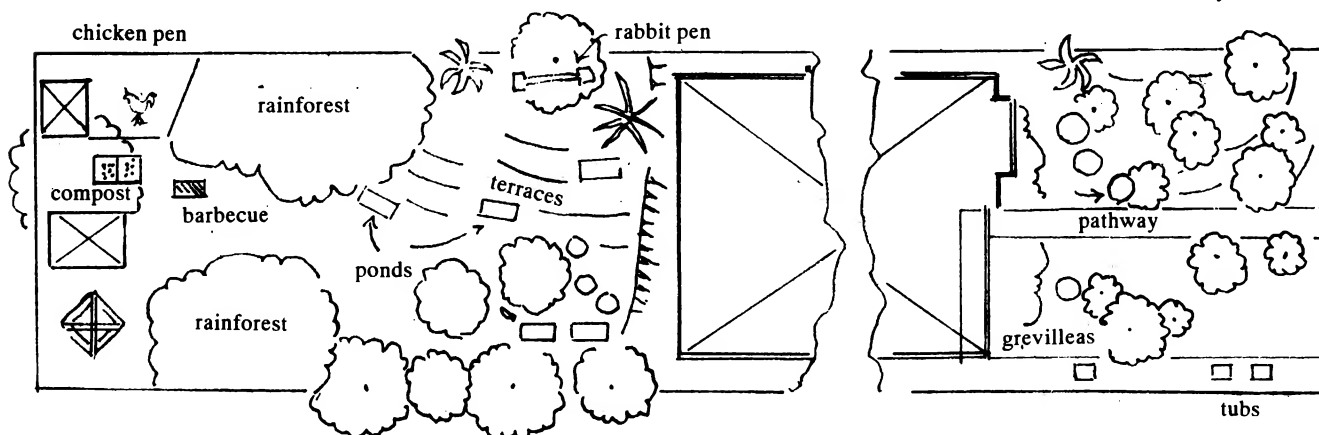


Water chestnuts in recycled fibreglass tubs positioned along side path in front yard.

passionfruit are two kinds of bougainvillea which we inherited. Instead of getting rid of them we've employed them as a deterrent to passionfruit vandals. (Their thorns are pretty con-

fronting!) They also deter dogs from jumping the low point in the brick fence and wrecking the plants. Bougainvillea prunings are useful as crude mammal-proof fences around

Plan Of City Food Forest





Front yard food forest and aquaculture.

Plants include coffee, pawpaw, leucaena, Davidson's plum, taro, lemon grass, choko.

seedlings and young plants. Bougainvillea are attractive in flower. In short, they are multifunctional plants.

The front garden (south-east half) has two circular trellises and two straight ones made from steel pickets and wire netting. The tendency for some plants, such as hyacinth bean, to run riot on the trellises and overpower less vigorous species must be guarded against though. I built two tipis from cheap hardwood offcut strips tied together near the top with wire. Experience with wind made me fix the tipis to the ground with wire and hooks. The tipis are particularly useful for growing hyacinth and snake beans and yams. Not only are the front garden tipis structurally useful as plant supports, but they increase the topographic variability of the landscape.

Dotted about the front garden are examples of mini-terracing with pieces of sandstone, house bricks and small logs, particularly where annuals are planted. In late 1994 I completely altered the appearance of the house end of the backyard by constructing a terrace system. I confess that I didn't plan it on paper but instead established these five working principles:

- terraces to follow the contour lines of the landscape,
- terraces to be held in place by old boards, tubs, rocks, bricks, etc,
- fill for terraces to come from excavations for new back room of house
- access paths to be included in some terraces,
- to work in harmony with any established plantings.

The terracing not only makes the garden look more interesting, but it utilises space with great effectiveness, reduces surface runoff and helps control soil erosion. But the terracing system is more than anything else an exercise in creative, ecologically-informed thinking. It contrasts with the rainforest patch on sloping ground which has not been terraced but relies instead on tree and shrub roots to bind the soil. I suppose we are experimenting, on a micro-scale, with several sustainable land use patterns rather than setting up a single uniform system.

Weeds

Weeds are removed by hand or smothered with newspaper and cardboard. Alternatively, we work at changing our perceptions to see a number of them as food. In the rainforest on the slope the

weeds are left alone because they help stabilise the soil and don't seem to interfere with the growth of the rainforest. Chooks like fossicking amongst the rainforest weeds and in time a canopy will form to shade most of them out.

Examples of edible weeds in our garden are sowthistle, cats' ear, fat hen, black nightshade, chickweed, turkey rhubarb, dandelion, slender celery and purslane. A good time to harvest weed leaves is just after a period of rain in the cooler months. A word of warning though: avoid collecting weeds that may have been sprayed with herbicide or weeds from polluted sites such as road verges.

The common (human-centric) definition of a weed is a plant growing in the wrong place. But ecologically-speaking a weed is a plant that colonises disturbed ground. Weeds are pioneer species typical of the early successional stage of plant communities. Urbanisation has encouraged their spread by dramatically altering natural ecosystems. The customary untidiness of permaculture gardens ceases being a problem if we change from treating the garden as a fixed image to appreciating it as a dynamic process.

AQUACULTURE

There are various kinds of aquaculture systems on our land. Several fibreglass builders' tubs have been strung out along the front yard's side pathway. They are placed here because they simultaneously help disguise and productively use the concrete path and because it is a warm, sunny location. Water chestnuts and arrowhead are grown in the tubs for their edible corms, attractive foliage and frog habitat. Water chestnuts are also grown in polystyrene boxes lined with black plastic sheeting. Arrowhead has too vigorous a root system (ours punctured holes in its polystyrene box) and is better confined to tougher containers.

In a shadier spot in the backyard we grow watercress and water dropwort (*Oenanthe javanica*) in shallow water/wet soil conditions. Most of the other aquaculture systems consist of inedible, marginally edible (eg nardoo) and fodder (eg azolla) plants along with fish, yabbies, frogs, tadpoles and rotifers (minute aquatic multicellular invertebrates). Different varieties of taro are cultivated where the ground is damper, although the slope and soil conditions of our site create less than ideal conditions.

Aquaculture systems also provide the opportunity for rewarding microscope studies; every household should have a microscope! After close scrutiny you come to realise just how ecologically distinct each pond or tub can be. I now see algae as tremendously variable artistic masterpieces rather than just brown scum or greenish water discolourant. Ponds scattered about a garden also help cool the microclimate on hot days.



ANIMALS

Bantam hens provide us with fresh eggs and dispose of kitchen scraps, weeds and chunks of lawn. (We started with a lot of lawn and now we have virtually none!) They also manure the garden as they wander about on their daily business. However, it is hard to actually collect chook manure and direct its application as it doesn't come neatly packaged, as do rabbit droppings for instance.

We have managed to breed yabbies – at least a couple of hundred were spawned – but the population crashed quickly. At the moment only a few appear to have survived. Yabbies are cannibals and will also leave home if dissatisfied with conditions. So we are still waiting for an opportunity to test out recipes!

Our fish consist of native firetailed gudgeons as well as white cloud minnows and a species we were told is zebra fish. The fish, which are much too small to eat, are employed to keep mosquito larvae under control. Brown-striped frog tadpoles (indigenous to our area) are raised for release back into the wild. Earthworms are grown as waste recyclers and to provide fish and yabby feed. We have a rabbit which is a cuddly pet for the kids and a manure manufacturer. It displays some decidedly negative characteristics though: it eats our vegetables and digs holes all over the yard.

The site is visited by fruit bats (grey-headed flying fox) which are attracted by the native fig fruit. We sometimes think we hear a possum at night and our neighbour once discovered one in her ceiling. Native birds that visit our garden include welcome swallows, red wattlebirds, white-plumed honeyeaters, willy wagtails, magpies, currawongs, galahs, sulphur-crested cockatoos and rainbow lorikeets. An extended family of crows nests in the fig trees and members visit our ponds for their daily ablutions. Cats are a problem and no doubt they discourage ground-feeding birds. Resident wild animals are lizards (including a burrowing skink, *Saiphos equalis*), brown-striped frogs, insects, spiders, etc.

Many of the native heath and rainforest plant species on our land are bird-attracting. Grevilleas supply nectar for honeyeaters. Blueberry ash, lilly pillis, cheese tree, bangalow palms, and other rainforest trees have fruit for pigeons, parrots, cockatoos and currawongs. The large eucalypt (*Eucalyptus nicholii*) is a mini-ecosystem in itself. It provides seeds and nectar (in its flowers), and harbours insects in its trunk, branches and foliage. The Port Jackson figs in the school grounds are complex layered ecosystems that especially cater to birds, but are also habitat for mammals such as fruit bats and (presumably) possums as well as a host

of other living organisms.

Housing Feeding and Care

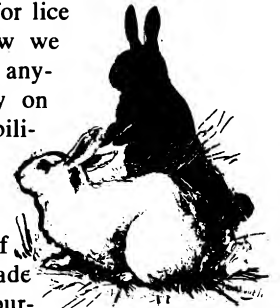
The chook pen is located in the southwest corner away from the house but next to the barbecue (for ease of bone throwing) and compost bins. There is a predator-proof hen house in one corner. This is essential because of foxes! The chooks are let out almost daily into the slope rainforest patch where they forage; young plants are protected with a piece of chicken wire formed as a cylinder around them. Eggs used to be collected without actually going into the pen by opening a door on the hen box (made from an old infant's school table). The hens enjoyed the cosy darkness of this box too much and it became a haven for lice and mites. Now we just let them lay anywhere and rely on our sleuthing abilities to find the eggs.

The rabbit pen consists of two ready-made metal cages (purchased at Paddy's Markets for about \$35 each) with mesh floors and slightly elevated for easy collection of droppings. The cages are joined by a section of plastic pipe big enough for an adult rabbit to run through.

Aquatic animals live in old concrete laundry tubs, wine barrels cut in half, large glazed ceramic pots and a disused bath tub. The water levels must be checked from time to time but refilling doesn't need to be done very often. The aquatic animals share their water environments with aquatic plants, some native and some exotic. The yabbies can only have floating plants since they have a bad habit of chewing off the stems of those in pots. Wire covers are used to stop the yabbies wandering off, fickle creatures that they are!

We have a worm farm of polystyrene boxes filled with compost, covered by hessian bags and kept damp. We also have a Reln worm farm consisting of tiered black plastic boxes which we purchased from our local council for \$40.

Chooks are fed a mixture of cracked corn, wheat and milo (No, not the drinking variety!), purchased from a local produce store. They are also given kitchen scraps, azolla, water hyacinth and, of course, whatever they



find when scratching around the backyard. While yabbies and fish are occasionally fed worms, they by and large are left to their own devices and obtain plant material and tiny animals from their pond water.

Diagnosing and treating diseases can be a problem. There isn't a lot of knowledge in the community any longer about productive domesticated animals. Cleanliness of cages and living areas is important and, in the case of chickens and rabbits, as much free-range as possible seems desirable. Although animals tend to be subject to more problems than plants, animals in permaculture do give us back the opportunity that agribusiness has taken away for humans to integrate animals into family and household life in a sustainable and productive way.

RITUAL SITES

Spots for quiet contemplation, reading, observation of nature and burning of incense are scattered about our land. Each one has some kind of seat and a brass urn for incense sticks. They appeal to kids, increase the garden complexity and add a mystical touch. In time, as the garden grows, these spots will probably become more secluded. I've called them *punden* after the Javanese term meaning a sacred place

marked by a small ruin, a banyan tree, an old grave or a secluded spring where a spirit lives.

A few years back we constructed a paved area between the two backyard rainforest patches using second-hand bricks set in sand. On the edge of this paved area, next to the chook pen, is an important cultural icon: the barbecue. Bones from the barbecue can be thrown direct into the chook pen and leftover vegetable scraps put in the compost bin nearby.

Any readers who would like a list and description of the edible perennial plants grown in the Bailey's food forest, please send a business-sized SAE to: Doug Bailey, 90 Premier St, Marrickville 2204.



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SEED SAVING VOLUNTEERS ABROAD

The Seed Savers' Network has been functioning for eleven years. For the last two years it has been working on seed-related issues in a number of island states in the Pacific and the Caribbean. During the second half of '97, teachers from the Network will conduct several Community Seed Bank training courses in Cambodia to provincial women trainers to indigenous and international aid agencies in Phnom Penh; in Dehra Dun in India with Vandana Shiva the outspoken Indian scientist on Third World issues; in Florida with a Third World seed production organisation. From October 27th to November 1st Seed Savers' has a course in Byron Bay on preparing home gardeners, farmers, horticulturalists and permaculture graduates to be volunteers in developing countries.

For more information on the activities of the Network please send an SAE to: PO Box 975, Byron Bay, NSW 2481. Our website can be accessed on: <http://www.om.com.au/seedsave> Also you can email us at: seedsave@om.com.au

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I WISH SOMEONE HAD TOLD ME ABOUT: LIVING IN A SHED

by Lyn Sheppard, Tenterfield, NSW.

'We'll live in the shed for six months while we build the house.' We must have said that to umpteen people before we moved to our small farm and only one person had a negative comment. A close friend who had 'been there, done that' warned us that it would be much longer. How right she was! And why didn't I pay more attention?

I have found out since that it invariably takes longer than you estimate. In our case it stretched to fourteen months, which included one of the coldest winters for years, and even then we shifted into the house with a lot of work still to be done.

Let me state that the first six months of shed life were quite bearable and, if things had gone according to plan, I wouldn't be writing this article. Winter arrived with a vengeance and our facilities which had passed muster in summer became woefully inadequate.

If you can afford to have grid power, do so. Nothing can beat the convenience of hot water and an electric stove at the end of a long day of hard physical work. Our power system couldn't handle large heating appliances so we tried to make do with cheap alternatives. We had an old wood stove set up in a lean-to outside the shed (because it smoked a lot) and a camp shower tarped off in one corner of the cow shed about thirty metres away. Not recommended on a blustery winter's night unless your ancestors were Eskimos.

Next item of importance is running water, preferably both hot and cold, but cold water at least over the sink makes life much easier. You realise I'm speaking from a female point of view. These basic mod cons don't feature very highly on the list of essentials to anyone not involved in kitchen duties.

Some form of privacy is advisable for all shed occupants. It's usually not practical to erect internal walls, but you can devise mini-bedrooms using larger pieces of furniture and/or curtains.

Plastic curtains for the shower cubicle, of course. And if you don't want to go to the expense of putting in proper drainage for the shower, use a large metal tub to stand in. Get one with handles to make emptying it easier.

On the subject of drainage, make sure there is a channel on the uphill side of the shed, deep enough and with sufficient angle to carry stormwater around and away from the shed. Soon after our arrival we awoke one night to a thunderous downpour and discovered seven to eight centimetres of water flowing through the shed. The next day was wasted moving everything and drying out whatever was wet.

Try not to let an accumulation of junk build up around the outside of the shed walls. It would probably be quite amusing on video, but it's not much fun hunting for a large tiger snake by torch-light, amongst piles of timber, rolls of barbed wire and odd lengths of poly-pipe. The said snake had every intention of moving in with us that night. As fate would have it, I was outside stirring something at the stove and spotted it about to slither in the door. Naturally I yelled and the snake sought the nearest refuge. And to those of you I can hear saying to let the poor thing go: I'm sorry, but I couldn't have gone to sleep with it so close outside!

Don't skimp on doors and windows when building the shed. A metal shed can quickly reach boiling point in hot weather and you'll appreciate all the ventilation you can get. Something we found invaluable was the humble lounge chair. It was almost as good as a massage to flop into a comfortable chair after clambering over a house frame all day.

Something else I think I should stress is that unless your place is al-



ready very well equipped for it, don't get livestock until the house is finished. You don't want to waste vital house-building time erecting shelters for animals, feeding and milking them, or chasing them when they walk out through your temporary fences.

The one exception is chooks. They're good value in that they lay eggs, recycle scraps, provide manure, and it's relatively easy to construct a night-time shelter for them. They can free range through the day and the kids take delight in throwing them handfuls of grain.

One last word of advice, if you wish to retain harmony and, most importantly, your sanity. Allow some personal time for each family member on a regular basis. Time to indulge in a favourite hobby, or visit friends, or just sit and watch your garden grow.

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Seed Saving Curiosities

In this series Michel and Jude Fanton of the Seed Savers' Network in Byron Bay will introduce us to some of the more unusual plants suitable for a self-sufficient permaculture garden: how to grow and use them and how to save their seeds for the future.

OKRA

by Michel and Jude Fanton, Byron Bay, NSW.

Illustration by Alfredo Bonanno, Billen Cliffs, NSW.

Okra (*Abelmoschus esculentus*) belongs to the botanical family Malvaceae, as does the rosella plant, the sepals of which are used to make jam and cordial. The pods and leaves of okra have been used as a food in most regions of northern Africa from time immemorial. It originated in Eritrea, in Ethiopia and parts of the Sudan, Mali and Burkina Faso, and spread further north in Africa and across to India. It is an annual bush to two metres with sparse foliage, abundant pale yellow hibiscus flowers and green or red pods. The hibiscus-like flowers become small fruit, ready for eating in less than a week.

The Spanish Moors knew it in the twelfth century as bamiyas. *Grass Roots* readers of Greek origin would recognise this as it is just about the same word in modern Greek. Stolen Africans carried the seeds of okra to America among their meagre possessions; there it became a favourite in the southern states, where it is known as gumbo. It is now widely used in the canning industry as a soup thickener. Greeks and Middle Eastern people introduced bamiyas, or lady's fingers, to Australians.

Okra varieties can be quite diverse in appearance. There are dwarf and tall types with short and long pods. Rustic varieties have spiky stems. Some have stocky fruit, others very long fruit in the shape of antelopes' horns. Greek-Australians introduced a whole range of red and green varieties.

Cultivation and Care

If you live in a frost-free area, plant the seeds directly in the ground in late winter or early spring. Otherwise, start them off in pots indoors, as okra needs a rather long growing season. The ger-

mination rate is high so you may have to thin out the seedlings to a spacing of thirty centimetres.

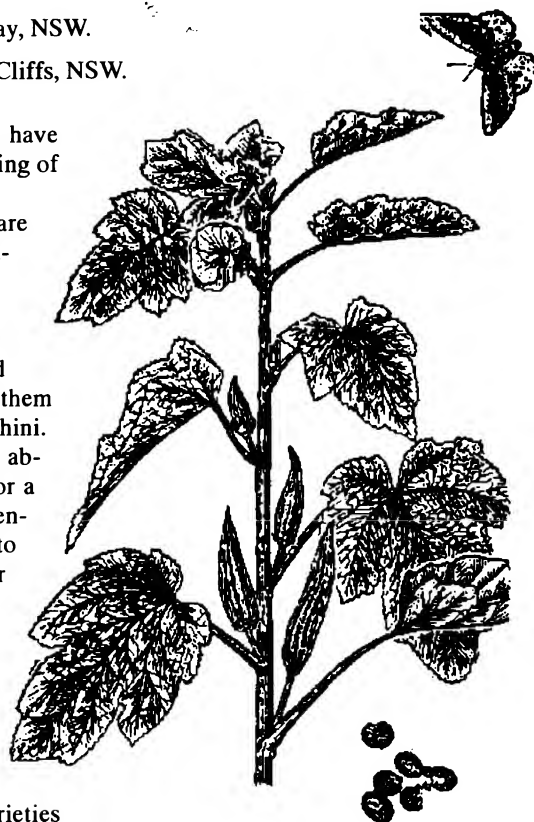
Okra plants need very little care and are tirelessly bountiful. Fruiting occurs over a long period and half a dozen plants can guarantee a binge of okra every day for months. The hard part is keeping up with picking them young enough, just as with zucchini. Eight centimetres should be the absolute limit of their length, but for a luxury dish try okras at four centimetres. If one okra is allowed to go stringy it will be good only for seeds.

Saving the Seed

Okra is largely self-pollinating although there is some cross-pollination by insects. It will not, however, cross with rosella or cotton, to which it is related. A collector of okra varieties should pay attention to separating varieties by thirty metres at least.

Let the first few flowers on each of the two most advanced plants go to seed. This will slow down production for the table for a short while, but will encourage early fruiting in future generations. Harvest when the pods are brown and dry, when the seeds start to rattle. With only a little help, the dried pods will open from their apex in the way bananas are peeled, and the seeds will roll out. The seeds should be grey and hard.

Some seeds will remain viable for three years at room temperature if your region is dry, considerably less if you are in a hot monsoon area. If they are stored in a cool, dark place, fifty per cent of the seeds will germinate after five years. They are about a third the



size of a pea (fifteen seeds to the gram).

Usage

Cook okra for only two minutes in stir-fries, or very slowly in soups and stews. Okra is one of those vegetables you do not cook for a medium amount of time. In Guinea, western Africa, the leaves are eaten as spinach. The roasted seeds were used as a coffee substitute in the early settlement of the USA.

Seed Suppliers

Okra is available from: Eden Seeds, MS 316, Gympie 4570. Ph/fax: 074-865-230.

Or contact The Seed Savers' Network, PO Box 975, Byron Bay 2481. Ph/fax: 066-856-624.

For more articles about seed saving by Michel & Jude Fanton see GRs 96, 102, 103 & 106.

COUNTRY CHARACTERS

by June Birkett, Coopernook, NSW.

This delightful concept of making lifesize country characters could easily be adapted to produce a Santa, or three wise men – a fun family project for the months leading up to Christmas.

After being hospitalised for some time from a horrific car accident, I returned home with a broken neck and eight spine, arm and leg injuries still to mend. Never being a person just to sit, I looked around for things to keep my mind on, and away from myself, so as not to fall into the old trap of self-pity.

I returned to writing a little bit but this was limited as typing was difficult. I loved to read early American and Australian history and in one American library book I came across antique American soft sculpture which fascinated me.

Thinking I would love to try and make a grandfather figure like the one in the book, but not knowing where to start, I left it for some further months as my healing bones recovered. Then I noticed that an antique shop in town had a saggy female figure appear at the shop's front door. I thought I could do better than that, and so 'Country Characters' were born.

My first male character took a sad, soggy look as I struggled to build his body. When it came to his head I was stumped. Weeks sped by and it looked like my country characters were a failure, then a friend called and offered a suggestion which, although it was not suitable, gave me the idea of how to build the head and face. My first attempt at the hair was using cow tails and my male country character looked like a hippie. Gradually, the more characters I built the better they became and my country friends became familiar sights around the town.

The female country characters wear long skirts and I like to make them as colourful as possible. Of course they are all busy doing something such as reading, knitting, riding a bike, driving a car, holding tools or fishing. Each character has a name and when I make him/her I try to put the 'feel' of the person into it.

When placed, they receive great attention, children instantly spy them

out, sometimes holding their hands. One small boy could not work out why the character would not speak to him, so he bit its fingers. Another child would stamp on the character's toes believing it to be real. I have had many laughs at the reaction from young and old alike when faced with a life-sized man smiling vacantly at them. A youth,



seeing a country gentleman character sitting in the passenger's side of my car, laughed so much he fell on the ground with tears pouring out of his eyes. He thought it was the funniest thing he had ever seen and had the whole street in stitches.

My country characters have now taken on personalities from other parts of the world such as Agatha Christie, James Herriot from the vet series on television, Thunderbolt and Ned Kelly, Colombo and Elvis.

The dummies take a week to build

as they are sewn from the feet up, hair and whiskers added when needed, dressed in suits, ties or swaggy gear. Grandmothers need glasses, antique collars, jewellery and suitable footwear, which must all be found and everything kept in context.

Making the country characters has been a real challenge to my mind and has helped me recover from the severity of an accident that will not go away. My characters take the form of 'Riley', who likes a little nip and holds a wine cask or 'Grandmother Mary', holding a grandchild, 'Aunt Dorrie', splendid in blue and antique collar with jewellery. I first made one character and thought that would be the end of it, then made a character family grouping for a collectors expo at Taree. The characters now number twenty and still going.

So if you are travelling north from Forster you will see some colourful country characters. You will know the story that from a disaster in a simple country woman's life came an explosion of creations making the area laugh. These creations are my delightful Country Characters.

TO MAKE CHARACTERS

Body

Get adult socks and stuff with cotton fill, stitch to legs of pyjamas pants. Fill the pants with plastic chip foam, then cut a solid piece of foam for the top of the body. Place T-shirt over this and stitch to pants.

Place over this a dress, or shirt and pants. White cotton gloves are stitched to the shirt then stuffed with cotton, then the arms are filled with cotton or chip foam.

Use a length of thin wood, approximately 60 centimetres, and place down spine to attach the head to then tie to shirt with string. Place a small piece of solid foam on top of wood for neck. Then place head, making as described below.

Place on shoes, hats, jewellery,

aprons, knitting, tools etc. Now you have a grandma or grandpa dummy.

Head

Cut head shape out of a white singlet, stuff with cotton fill placing a bought mask inside. Then place pantihose over it all, tying pantihose legs together on top. Tie second knot lower at the neck, then put both sides of pantihose around neck piece, which is stitched on. Tie legs in knot at back of head, forming neck piece, then get marking pen and draw eyes where you feel the eyes of the mask, lips also. Pancake makeup can go on cheeks, draw eyelashes.

Then get a suitable piece of sheep's fleece, drape over head and hand-stitch on. It is easier if you use wool the same colour and a carpet needle.

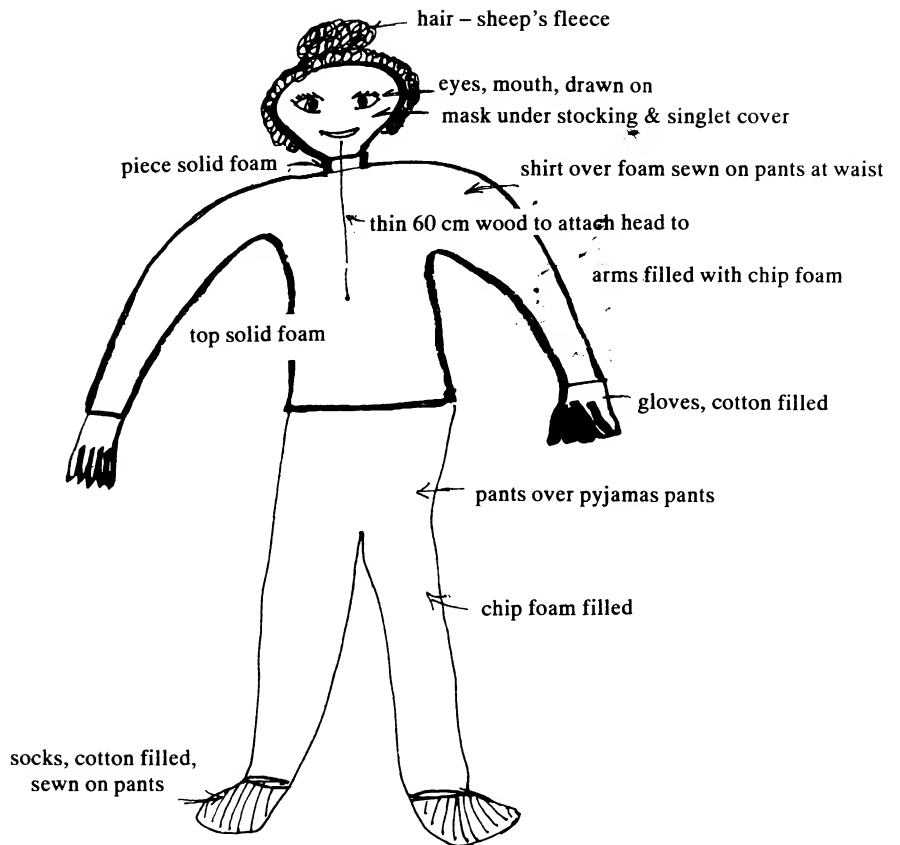
A beard can be made using the same method. Dummies are fun things to make.



CASTOR OIL SUPERIORITY

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GLACÉ FRUIT

A Deliciously Decadent Delight

by Heather Kozak, Dellicknora, Vic.

Christmas time often brought me a long-awaited perspex box of glacé fruits – translucent and shining with jewel-like hues; neatly arranged slices of pineapple, apricot, pear, plum and cherry. They were intensely sweet and probably not good for me, but I could not resist them.

Having ambitions to self-sufficiency, I wondered if I could reproduce these expensive exotic wonders in my own kitchen. They would make beautiful presents in tizzied up recycled containers, and would provide me with a cheap source of glacé fruit for a romantic sounding recipe called Stained Glass Christmas Cake.

I could! I found the method for making glacé fruit on a yellowed page from *The Australian Women's Weekly*, April 29, 1970, that my mother had saved and passed on to me. Overcoming my trepidation upon reading the directions for the pineapple, I located the sugar and hoed in.

The amount of sugar in some of the recipes might have the purest of us turning the page, but raw or brown sugar (organic if possible) and biodynamic fruit will increase the food value. The results are quite spectacular, so reserve the fruit for special treats and you should be able to have your teeth and eat it too.

The fruits used in these recipes adapt themselves particularly well to the process; try experimenting with other likely specimens – I haven't had a failure yet.

RECIPES

Glacé Figs

- 1 3/4 kg ripe figs
- 4 cups sugar
- 2 cups water
- 2 tbsp vinegar

Rinse figs and cut the stems off.

Prick all over with a fork. Place water, sugar and vinegar in a heavy-based saucepan or preserving pan and bring

to the boil. Place figs in boiling syrup (I do this gently with a slotted spoon), and reduce heat. Simmer very slowly, uncovered, 2 1/2 to 3 hours.

Drain figs*, place on a wire rack and stand this on a baking tray. Leave in a cool oven until dry, turning occasionally. This will take 2 to 3 hours, depending on the size of the figs. Remove from the oven and cool. Store in airtight containers, in a cool place, and use in approximately three months.

* The discarded syrup can be boiled down further to make a figgy toffee, just boil the syrup until it reaches 'crack' stage (150°C on a sugar thermometer). Pour into a buttered tray and break up when set.

This is an ideal activity for wood stove owners: the long slow boiling while the fire is going, then the drying in the slow oven as the fire goes out.

Glacé Apricots

- 1 kg ripe apricots
- 3 cups sugar
- 3 cups water
- 3 tbsp vinegar

Wash apricots and prick well with fork or skewer. Place water, sugar and vinegar in saucepan and bring to the boil. When sugar has dissolved, place apricots carefully into the boiling syrup (sugared water boils at a higher temperature than water, so watch out for splashes) and reduce heat to a simmer. Simmer gently, uncovered, for 3 to 3 1/2 hours, the apricots should still be whole. Drain apricots, place on wire rack, stand on oven tray. Place in a cool oven for 6 hours to dry, turning occasionally. The time depends on the size. Allow to stand at room temperature for 24 hours, then push the stones out and store as for figs.

Glacé Pears

- 1-1 1/2 kg
- 1/2 cup sugar
- 2/3 cup liquid glucose (supermarket or chemist)
- 600 ml water

Cut pears into quarters, peel and remove core and seeds. Place sugar, glucose and water into saucepan, slowly bring to the boil. Add pear quarters to the hot syrup and simmer gently, about 1 hour or until the fruit is looking transparent at the edges. Drain, place on wire rack and sprinkle with castor sugar. Place in a very slow oven, turning occasionally for about 4 hours. Remove from oven, resprinkle with sugar on both sides. Stand for 2 days (pantries come in handy here), sprinkle daily. Store when pears are dry.

Glacé Peaches

- 1 1/4 kg peaches
- 1/2 cup sugar
- 2/3 cup liquid glucose
- 600 ml water

Dip peaches in boiling water, then rub skins off (this process makes skinning peaches a breeze). Cut in half and remove stones. Place sugar, glucose and water in a heavy pan and slowly bring to the boil. Add peach halves to boiling syrup, simmer gently,



Karla Kozak enjoying the glacé pineapple she has helped make.

uncovered, 1 hour approx. Drain, place on rack and sprinkle both sides with castor sugar. Place on tray in a very cool oven for 4 hours. Remove from oven, proceed as for pears.

Glacé Plums

Note: Although the ingredients are the same, the preparations and cooking times differ from the peach recipe.

- 1 1/4 kg plums
- 1/2 cup sugar
- 2/3 cup liquid glucose
- 600 ml water

Wash plums, leave whole. Place sugar, water and glucose into saucepan, bring to boil. Reduce heat and add plums to syrup, simmer uncovered for 30 to 40 minutes. Drain, remove stones. Proceed as for pears and peaches from now on. The sugar sprinkling dries up the excess moisture still in the fruit, don't store them until they remain dry.

Glacé Pineapple

And now for the doozy: fourteen days in the making, this is the most labour intensive drawn out recipe, but the circles of sunshine you have at the end are well worth it. I find that a small batch takes nearly as much time as a large one, so my gluttonous soul always takes the second option.

- 1 medium pineapple
- 2/3 cup liquid glucose
- 600 ml water

sugar (approx 3 cups)

Remove skin from pineapple; cut fruit into slices 2 cm thick, remove centre core. Place glucose, water, 1/2 cup of the sugar into saucepan, bring to the boil. Boil 2 minutes, place pineapple slices in syrup, reduce heat and simmer 20 minutes. Place slices in an ovenproof dish, pour syrup over fruit. Stand for 24 hours.

Drain the syrup from pineapple and pour in saucepan. Add 1/4 cup sugar, re-boil to dissolve the sugar and pour over the fruit. Stand for another 24 hours.

I use nylon curtain netting held on with a big rubber band to protect my produce from dust, flies and children while allowing air movement.

Repeat the process of draining, re-boiling the syrup with 1/4 cup of sugar, pouring and standing 24 hours, for another 4 days! (No wonder I felt put off; however, it works out to only 15 minutes of actual work each day.)

Now add 1/3 cup of sugar to syrup, bring to boil and pour over fruit. Stand 48 hours. Reboil the syrup yet again

with 1/3 cup of sugar, and allow to stand 4 days. The syrup will be really thick at this stage, you may need to stand the ovenproof dish in hot water to soften the syrup. Remove the pineapple to a wire rack to dry, about 2 days.

PRESENTATION

You could try cumquats, cherries, pawpaws or mangos to name just a few of the wide range of preservable fruits. I keep an eye out for flat containers with clear lids; they display the glacé slices to perfection. You could also use redecorated shortbread tins, chocolate boxes, tall glass jars or those clear plastic boxes that gift soaps and potpourri come in.

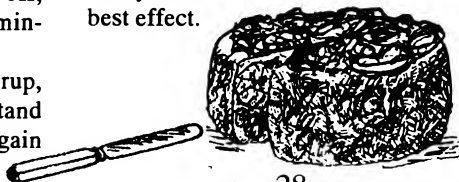
STAINED GLASS CHRISTMAS CAKE

This is a rich impressive crowd pleaser which cuts into thin slices of multi-coloured panes that the light shines through. It keeps for 4 weeks.

- 185 g butter
- 1/2 cup castor sugar
- 3 eggs
- 1 cup coarsely chopped glacé pineapple
- 1/2 cup glacé apricot
- 1/2 cup glacé cherries
- 1/2 cup glacé pear
- 1/2 cup glacé peach
- 1 tbsp chopped candied angelica (optional)
- 1 cup large nuts: brazil, hazelnut etc.

- 1 1/2 cups plain flour
- 1/2 cup SR flour
- 1/2 cup milk
- 1 tbsp sweet sherry

Grease a loaf pan, line base and sides with 2 layers of paper, grease paper. Place fruit in large bowl and sprinkle with sherry. Leave to soak for 1 hour, then add sifted flours. Mix through thoroughly, separating any clumps of fruit. Cream butter and sugar, add eggs one at a time, beating well. Add to fruit and flour mixture with milk and nuts, stir in. Spread mixture into prepared pan and bake in a slow oven for 2 hours, or until a knife blade shows clean when retracted. Cover cake with foil, cool in pan. Slice thinly and serve on white china for the best effect.



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HOMEMADE WINES

CIDER

by John Walters, Albany, WA.

The origins of cider are obscure, but it was quaffed by the Ancient Greeks and the Romans, so was probably humanity's first experiment with alcohol. Properly prepared with the right kind of yeast, the sparkling type of cider is, to my mind, every bit as good as champagne. Cider is a strong drink and should not be treated lightly. I would never drive after even one glass – better safe than sorry.

Many claim that the best cider is made from crab apples which make a sweet acidic drink. Crab apples are improved (as far as cider making is concerned anyway) by being weathered before use. Indeed, windfall apples of any eating variety can make good cider. Shiny fresh apples straight from the market shelves can also be used. It is interesting to experiment with different types of apples and even with mixtures of varieties.

Whatever type(s) you use, wash the fruit well, cut up and then crush to a pulp and leave for at least 14 days before adding yeast and sugar to the filtered juice. The recipes below do, however, vary from this general recommendation.

Gervin yeast (see GR 119) labelled 'C' can be used when making a sparkling cider. Otherwise use Gervin No 2 or a general purpose yeast.

RECIPES

Dry Cider

2 kg mixed apples

450 g sultanas
500 g white sugar
5 g pectolase
5 g yeast nutrient
1 sachet Gervin Varietal yeast 'E'
4.5 lt cold water, previously boiled

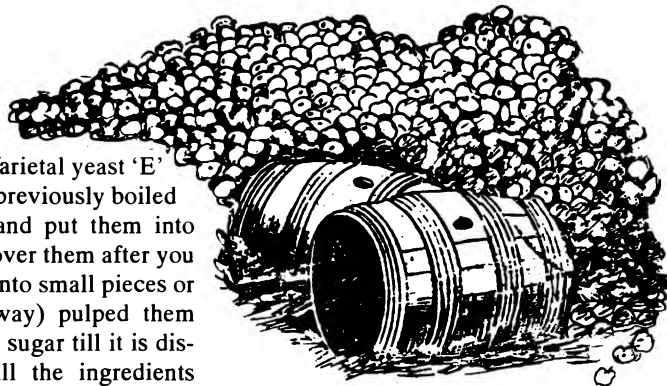
Peel the apples and put them into sufficient water to cover them after you have chopped them into small pieces or (and I prefer this way) pulped them well. Now stir in the sugar till it is dissolved. Next add all the ingredients with the exception of the yeast. Allow this mixture to stand for at least five days, stirring well daily. After you have added the balance of the water strain through muslin and add the previously prepared yeast and leave to ferment for three days. Strain again through muslin into flagons under airlock and allow to ferment out, racking when necessary. Some sugar can be added from time to time till you get the sweetness you want. After each addition of sugar still keep under airlock till all fermentation has finally ceased.

By adding the last lots of sugar in stages you can determine whether you want a dry, medium dry, medium sweet or sweet wine.

Cottage Cider

This is an old English recipe and one which I think could be worth a try.

5½ kg apples
½ kg raisins, chopped
700-900 g sugar
all-purpose yeast*
4.5 lt warm water



Wash the apples and put them through the mincer or chop them finely. Place in a bucket together with the raisins, sugar and previously prepared yeast. Leave in a warm place for two weeks, stirring daily and pushing the pulp down daily. Strain the liquid through two layers of muslin into a fermentation jar and allow to ferment right out. Transfer into a cool place for one month then siphon into strong bottles and tie the corks down. This can be drunk as soon as you like, but the longer you leave it the better it will be.

* I'd use a sachet of Gervin B, C or E yeast.

John Walters is the author of *Cheers!! Home Made Wines and Home Brewed Beers* reviewed in GR117 and available for \$18.50 incl p&p. He can also supply yeast, etc. Any queries can be addressed to: J Walters, 6 McLeod St, ALBANY 6330. An SAE will get an immediate reply.

Yeasts are also available from: Vinmass, PO Box 279, Kelmescott 6111.

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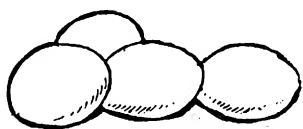
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THE PRESERVATION & STORAGE OF EGGS



by John Mount, Woodford, Qld.



In the dawn of time, before the domestication of the hen, wild eggs were once part of the diet of the first humans. Early humanity became fascinated with eggs, they were seen not only as sustainers of life but also as symbols of fertility. In fact the ancient Greeks believed that the universe originated from a great world egg.

One of the first notable achievements of these early humans was finding ways and means to store and preserve foodstuffs, in this case eggs. Following are a number of popular egg storage and preservation techniques.

- An old English cookbook of the last century suggests that if eggs are steeped in sweet oil or olive oil for a 'little while' they will keep for up to six months.

- Raw egg yolks can also be kept in a container of water in the fridge for a week or more.

- Similarly, by placing raw egg yolks in a small container with enough salad

oil to cover them they will keep for around two weeks.

- Egg whites by themselves, if placed in a sealed container, can be frozen and kept for many months.

- An old method of egg preservation was to place a set amount of eggs in an egg carton then paint the whole surface of each egg with gum arabic, when dry, turn each egg over and paint the other end. When again dry, store in a cool place. Eggs treated this way have been known to last well over three months.

- Another method of preserving fresh eggs is to warm a small jar of vaseline (petroleum jelly) and stir into it one and a half tablespoons of boracic acid. Paint the eggs all over with the mixture and they will retain their freshness for several months. Store in a well ventilated place.

EGG TESTING

Before using eggs that have been stored for a while it is important to

know how to test them for freshness. The subsequent simple ideas will be found handy to establish whether eggs are fresh or stale.

- Place eggs in a container of cold water; if fresh they will sit on the bottom, if stale they will float.

- Place your tongue on the end of the egg (after washing it of course); a new egg will feel warm, while an old one will feel cold.

- Shake the egg near your ear; a fresh egg will be tight, a stale one loose.

- Hold the egg up to a strong light; if it appears clear it is good, if it is cloudy it is not so good.

The best and only reliable egg testers are the human senses. Before using eggs in cooking, break each one individually into a cup and your nose or eyes will quickly detect if anything is amiss. Follow this rule even with fresh eggs as they can sometimes contain quite large blood 'clots' that you won't want in your cake or scrambled-egg breakfast.

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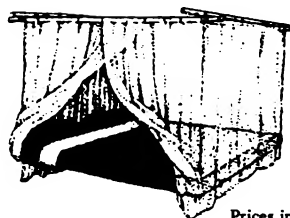
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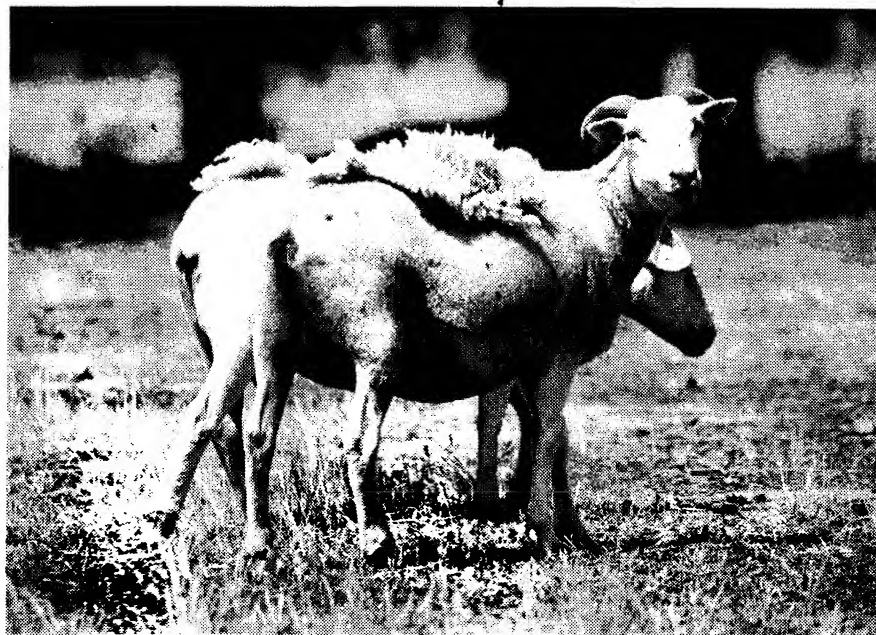
RARE BREEDS ARE THEY FOR YOU?

by Megg Miller, Nagambie, Vic.

The rare breed articles published in GR over the last few years have elicited much interest, and resulted in a much asked question: 'How do I start or get into rare breeds?' Whilst this is a topic of considerable scope, I can endeavour to provide a few guidelines.

It is necessary first to describe what a rare breed is and to explain why it is in this predicament. The British breeds introduced here by our pioneering forebears had evolved in individual countries to cope with local climatic and geographic conditions. Selection of utility properties by local farmers further shaped these regional races. Thus emerged Devon, Highland, or Durham cattle, Berkshire or Tamworth pigs, Shropshire, Hampshire and Cheviot sheep, and Dorking, Orpington, and Scots Grey poultry, to name just a handful of breeds. When our early settlers brought these to Australia, they tried to match them to geographic areas similar to those of the home country. This led to some breeds flourishing and others declining. The latter part of this century has witnessed major changes in the selection and management of farmstock, intensive practices replacing traditional farming within some species. With the development of uniform industrial stocks, the need for genetic diversity has become unnecessary. Clearly, many farm breeds have found themselves obsolete, with the result that numbers have steadily declined. It is this sector of farmstock which comprise our present rare breeds.

You are probably wondering which specific breeds are at risk, and how you can substantiate their endangered position. For a number of years there has been a national group of enthusiasts investigating the status of many breeds, and species sheets are available showing the numerical standing of sheep and poultry, and making recommendations on cattle, horses and pigs. (Contact details follow this article.) The Australian Rare and Minority Breeds



Wiltshire Horn sheep are an old breed regaining popularity because of their lower maintenance requirements. One unique feature is they shed their fleece naturally.

Association (ARMBA) is the group monitoring and caring for farmstock on a nationwide level, but as well, there are several state-based groups operating outside ARMBBA concentrating on exhibition poultry and there is one with a marketing bias. All are generating interest and aiding conservation efforts, but in the long run it is imperative they all work as a single group for the sake of consistency, clarity of purpose and to achieve maximum benefits from member support.

So, having learnt why some breeds have dropped to barely sustainable numbers, and how you can obtain information on their numerical status, the thought may be occurring as to how you decide on which breed to keep. I have frequently staffed display stands at agricultural shows and expos and encountered members of the public who enquire as to which is rarest, that being the one they must have.

Keeping livestock is a demanding responsibility which can stretch over several decades so it is important you

choose a breed or breeds that give you pleasure. Politically sound decisions are admirable, but if you do not feel a sense of affinity or great liking for what you choose the project may well be doomed. In addition to liking your chosen breeds (I had better warn you now, one will not be enough), it is a good idea if their selection has arisen from a practical basis. Poultry for example, may provide eggs or a little meat for the freezer, or assist with insect control in the orchard; sheep may just cut back on tedious grass control or provide fleece for spinning or sale; a dairy cow could be used for double suckling or a heavier breed trained as a draught animal. To be more succinct, match your interests or needs to the species, breeds or even varieties you select.

When you first look at your lists of threatened farmstock, they will probably just be names. One or two may be familiar, but you will not be in a position to compare one against the other, to appreciate differences in size or type, to note temperament or to make

that personal connection. One of the most fruitful experiences you can organise is to visit a Royal show. Each state has one, and they provide a hands-on opportunity to put faces to breed names and to look over the field. Attend several times if necessary, because it may be a long wait before you see such diversity on the one site again. If you are interested in a particular species, seek out and purchase the sectional catalogue the RAS will have published, as it contains names and addresses of all exhibitors. Alternatively you can contact the RAS in your state and ask to buy one or all the relevant sectional catalogues and keep them for future reference.

Now you will be ready for information gathering. Purebred pigs, sheep, cattle and horses are organised under a registration system which is managed by the breed society. The latter will usually forward information on request. Check out your library under farmstock or the individual species. Do not be disappointed if the only books available are based on management of the species you are interested in. A chapter on breeds may be included. Next check the bibliography list at the back of the book, it may mention a specific breed book, which in turn can be requested through the interlibrary loan system. I have accessed some fantastic livestock books this way. There are a few books I can recommend for beginners:

Cattle – A Handbook To Breeds Of The World, by Valerie Porter, published by Christopher Helm 1991, ISBN 0-7136 8000-8.

Pigs – A Handbook To Breeds Of The World, by Valerie Porter, published by Helm Information 1993, ISBN 7-873403-17-8.

Encyclopedia of the Horse, by EH Edwards, published by Peerage Books 1977, ISBN 1-85052-039-9.

Sheep Of The World in Colour, by Kenneth Ponting, published by Blanford Press, 1980, ISBN 0 71370941 3.

Exhibition Poultry Breeders Handbook by Rick Kemp, published by Kangaroo Press, 1997, ISBN 0-86417-835-2.

Concurrent with reading, you need to talk to breeders and to visit and observe the stock in their farm environment. The sectional catalogues I previously mentioned will help with contacts, and an organisation like ARMBA assists members with breeder

addresses. Even local agricultural societies should be able to point you towards old-timers with a knowledge of the breed, if not actual breeders. Do not buy stock yet unless you are an experienced livestock keeper and you have established facilities awaiting your chosen charges.

I want to temporarily dampen your enthusiasm by asking some necessary questions and pointing out the down side associated with the different species. While sheep are of a physical size manageable by most people, ask yourself if their demands will be difficult to meet. Unless of the Wiltshire Horn variety, they will need shearing annually (twice yearly for carpet wool breeds), possibly crutching, they may need hooves trimmed, depending on their environment, and some breeds will need close monitoring during humid summer conditions for fly strike. If kept on the edge of urban areas dog-proof fencing will be essential.

If you fancy cattle, will you be confident handling such large, strong animals? Some people are nervous of this species no matter how placid the breed. Appropriate fencing is necessary regardless of whether you keep two or two hundred head, and a small holding yard with a crush is recommended. Don't forget too that cattle may require supplementary feeding during dry years or if your acreage is inadequate for providing year round pasture.

Pigs are currently enjoying a phase of popularity, thanks to Babe, but we cannot all let our pigs enjoy the freedom this star had. Close neighbours frequently complain about the smell – even if there isn't one! The species is hard on fencing and has the propensity to leave yards and paddocks looking like a minefield. You cannot compromise on fencing, it must be pig-proof, and the species requires a snug house for protection from cold winds and the hot sun. Extra animals or stock of the opposite sex may require separate facilities. Check too the requirements in your state with regard to feeding household or restaurant waste, it is prohibited in some states, so you may have your hand in your pocket all the time with regard to feed.

Poultry are undeniably the easiest and cheapest to keep, but don't even contemplate their presence until you check by-laws for your locale. These will usually govern housing require-

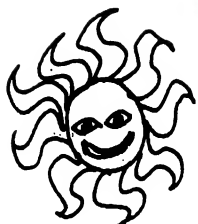
ments and numbers allowed, if any. Poultry are the most vulnerable to predator attack, including dogs, wild cats, quolls, python, brush-tailed phascogales, crows and hawks, and of course foxes. The housing must be predator proof, and it is advisable to have a covered yard, especially if you intend raising the young. If you are squeamish about killing, put time into planning how you will dispose of sick and aged stock and excess young cockerels.

The other area to be considered at this preparatory stage is whether you will buy and maintain registered stock. Purebred cattle, horses, sheep and pigs are managed under a pedigree or registered system and you frequently have a choice when buying of taking registered or unregistered stock. The latter will be considerably cheaper, naturally, but may express a fault or defect which precludes registration. Whilst the cheaper price will appeal, remember the food and management you supply will be the same whether you have registered or unregistered stock, however, the price you can ask for saleable stock will differ considerably. As well, many stock keepers start off with unregistered animals and decide down the track that they want the papers for their animals, and encounter difficulties, studs having disbanded, breeders died or moved on, making the process nigh impossible. It is better to make an informed choice at the time of purchase, and be prepared to live with your decision.

I hope this article has provided strategies for learning more about our dwindling farm stock, and becoming acquainted with the many breeds that need support. Most are appropriate to the self-sufficient lifestyle, being hardy, fecund, good foragers and capable of giving birth naturally and nurturing their young. It is a responsibility to take on a rare breed, but a tremendously exciting one. It is best to get it right first time, for the breed's sake. The numbers are just not there to make mistakes.

You can obtain information on the work of ARMBA, or copies of their breed status listing (45c stamp per species list) by sending a business sized SAE to ARMBA, Lot 13, Read St, Elphinstone 3448.





BUILDING FOR THE HEAT

by Susie Ashcroft, Toodyay, WA.

I thought readers would be interested in a few comments about living and building a conventional house in hot, dry WA. Many magazine contributors live in cooler climes and their experiences don't apply here. Our temperature range is six degrees Celsius more extreme than nearby Perth, summer and winter. Summer is more prolonged, winter is short and wonderful.

I've seen a few families move here, mostly from Perth, who don't realise the impact of climate extremes (which are not experienced in Perth). This becomes particularly marked if they don't have good access to the necessities they once had such as reliable power, water, sewage, gas, phone, and if they live in a tin shed on an isolated block, with neighbours or town far away. Most adults survive okay but I wouldn't subject children to living this way for too long in a hot climate.

It costs quite a bit more for the necessities than in the city. Some think, 'Oh, we'll be okay, we've got a generator'. But will you run your generator 24 hours a day, at \$1 per hour to run a couple of fans that only use as much power as a light globe? Probably you will go without. Good refrigeration (kero, gas, electric, low volt) is a *must* not a luxury in summer average temperatures of over 40°C. A small solar power system to run small appliances (fans, TV, evaporative air conditioners, sewing machines) is a must to allow yourself some comfort. It can't be all hard yakka.

The reason I mention this is because so many 'temporary' living arrangements (with children) last for five years or more, with still no relief in sight. This is a lot of extra work for parents, especially mothers, who may get no breaks if they're too isolated. Add to this the discomfort of a hot summer or a few of them and it's this that is the straw that breaks the camel's back. Many overlook this in their planning. Many move on and lose money by selling up in a hurry.

Some may have the attitude, 'Oh

well, the last few generations managed it, why can't we? It's got to be easier these days.' Wrong! It's not 'easy' to acquire the attitudes of acceptance, make-do and hard work that made previous generations successful. Once you've lived with city-type facilities, it's frustrating and uncomfortable to do without, or have to wait for, what you had before, and what everyone else enjoys. Country 'leisure time' is more often than not spent doing chores at home, not on the gad between entertainments as in town/city. If you don't realise this you may feel deprived! And there is no end to the work at home!

You spend longer in (hot) cars travelling to and from work. Car expenses and maintenance increase (especially as you subject your vehicle to different strains/loads than in the city). Do you feel like chopping a load of wood when you come home from work after two hours travelling time? All this wears your energy down. Be aware.

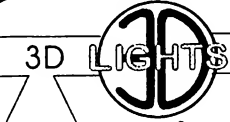
BUILDING FOR HEAT REDUCTION

Site your house so the sun does not rise and set in summer on the side where your largest glass doors/windows are because it allows heat inside. The sun rises and sets in different places in summer and winter. Many don't know this. Also, to encourage cool summer breezes at the end of the hot day, place vents and windows to take advantage, of these, to flush stuffy air out of your house. Summer breezes may come from different directions than winter ones. Cooler air will enter your home earlier - at below knee level. Neighbours used this knowledge to install louvred vents below fixed glass panes for more gentle internal temperature control. They also have ceiling vents to allow hot (risen) air to be extracted.

Solar hot water may not be the most cost-effective, green way of heating water, especially if you don't have many people living in the home. In our hot temperatures, the last thing I want is a hot shower. In fact I turn off the (gas) cylinder almost all summer, and

shower in the cool water that collects in the heater. The 'cold' tap water is warm (gravity-fed to house) and the 'hot' tap is cool. Complete reversal, and a lot cheaper. I boil the jug to do dishes. Outdoor wood burners with wetbacks do a good job if you don't mind chopping wood and feeding them, or someone is around the house to do it. It may not work if both of you work all day away from home.

We made a surprise discovery regarding ceiling insulation. Our single brick/tin house is wrapped in foil insulation. Half the house has three-metre ceilings, with no batts for insulation, and the other half has high ceilings (five-metre apex) with batts along with the foil. Which rooms are cooler? The low-ceiling rooms with no batts! Neighbours had ceiling batts installed and noticed no difference (I'm sure it makes a big difference in cold climates, but we are insulating to repel heat not entrap it). We have therefore decided to forego more batts and instead install basic whirly bird ventilators to extract hot air and lower the roof space temperature to outside (ambient) temperature as it drops toward evening. It means, in winter (unless we cover the opening), that we will lose more heat in the roof space, but short/mild winters here are not a problem our wood burner can't deal with (it did a wonderful job when we had no ceilings or internal walls!).



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RARE BREED OF THE YEAR

The Silver Campine, a light framed fowl that originated in Belgium centuries ago, is being promoted by the Victorian sub-branch of the Australian Rare and Minority Breeds Association as their rare breed of the year. They want to encourage smallholders and self-sufficiency enthusiasts to consider this breed when seeking poultry. What is so special about the Silver Campine? They are good layers of white shelled eggs, active

foragers, not inclined to broodiness, friendly natured, and quite hardy. Plumage colour consists of green-black barring on a silver ground colour with an unpatterned silver hackle. Legs are slate blue, the comb single and eyes are black with a decidedly mischievous twinkle. Breeders can be found in the 3rd edition of the *Poultry Breeders Directory* or from ARMBA if you are a member. (Lot 13, Read St, Elphinstone 2448)



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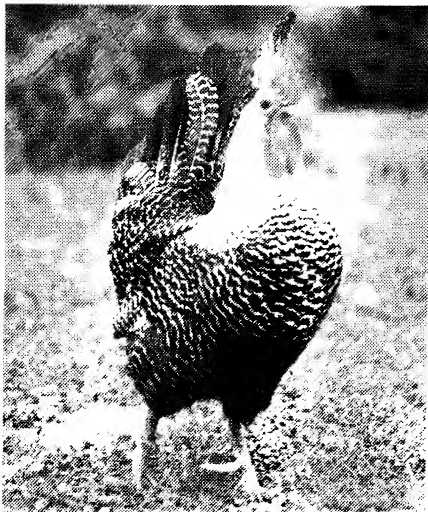
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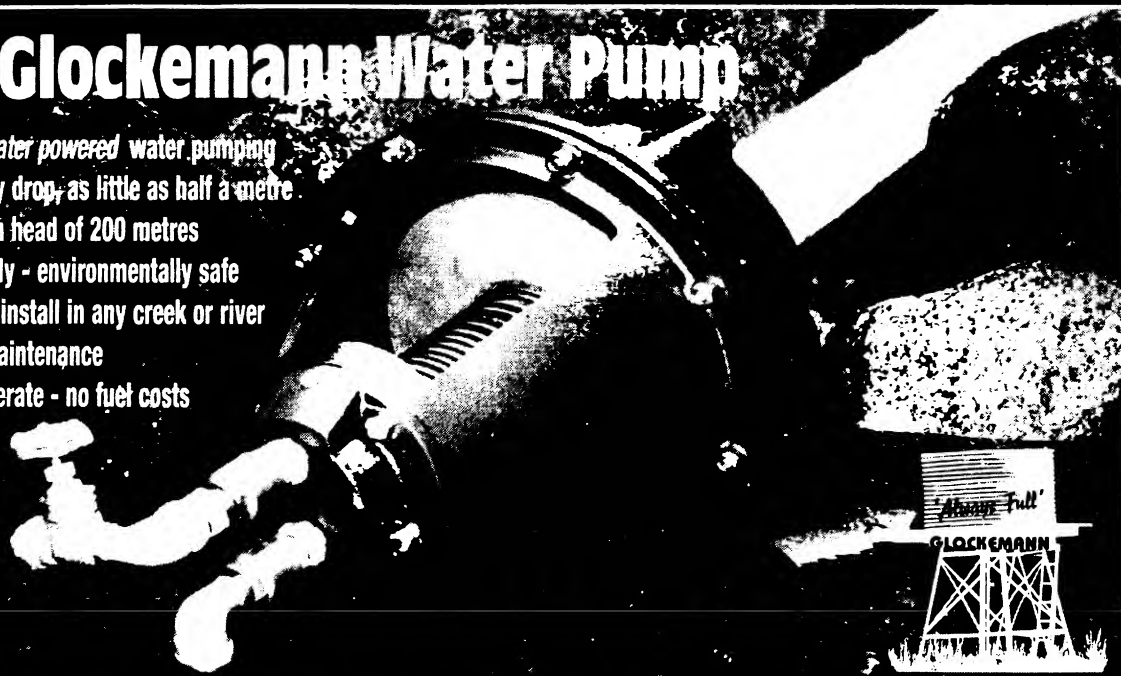
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Livestock Health and Management

Information You Need but Haven't Known Where to Ask

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NATURAL RATIIONS FOR DOGS

I am looking for recipes for dog discuts and recommendations of natural diets for dogs (not 100% vegetarian please). We have one old and one young blue heeler. Jo, the oldie, has been fed on commercial dog food for most of her life but we have gradually changed her diet to brown rice, some red and white meat, vegies, raw bones and Pal Professional dog food (better quality?). She loves dog biscuits and I want to get her off commercial ones.

Also Lexi, the baby (four months), has started out on the above diet, but I have included puppy milk (no lactose) a small amount of commercial canned puppy food and Eukanuba puppy biscuits, as I am unsure if she will get enough calcium.

I am also concerned with food allergies and would appreciate hearing from anyone who has had success treating summer eczema of the skin and ears, naturally and through diet. Apparently this is a problem for young dogs (Jo used to get it) and I want to head off any problems with Lexi.

**Jenny Lancaster,
ALICE SPRINGS 0871.**

If she wishes to make her own dog food, she should make biscuits from wholemeal wheat and rye flour – organically grown. She can use a little butter (no hydrogenated fats), organic eggs and organic milk (the recipe I leave to her), or she can use the Farrells Kibble or Four By Twos which work really well for all dogs and has no additives, which is why greyhound trainers use it. She can add grated raw vegies to cooked organic brown rice and raw goats milk from CAE-free goats. Puppies do extra well on that diet and she can add the minerals as mentioned in GR 122 and absolutely no tinned or made up feed of any variety at all.

Calcium is not needed on its own in this country but should be given as dolomite, with the other minerals I mentioned. I have never had a young dog with eczema and it is probably associated with a mineral deficiency of some sort.

Dogs do not need to carry a lot of weight, plenty of exercise and not too many formal meals usually works the best. My oldest dog is seventeen and just has scraps when she feels like it and her coat looks terrific.

Pat Coleby.

REMEDY FOR BUFFALO FLY

I am currently looking of a solution for buffalo fly on my house cow. I've tried the produce agency answers, (Baofly, Nucidol, S6 rated poisons) and have found that they give less than one weeks rest for the cow. I really would rather an organic solution to this problem even if it too is only short term relief. I would be grateful for your advice.

**Steve S,
BUNDABERG 4670.**

There is not enough information in this letter, all I can do is suggest a feed regimen for the house cow which will stop the problem. It will also be necessary for the cow's paddock to be analysed and topdressed, and to find out if it is the ubiquitous kikuyu, which, when it does not kill, makes stock pretty unthrifty. Flies only bother animals whose systems are out of balance. Below is the best I can do: The cow should be fed at milking time with a small feed consisting of white chaff, bran and lucerne chaff in equal parts by bulk – about 2 litres each feed, assuming she is milked twice a day at present. When she is drying off she will need to be fed regularly until she calves again. Her hay should be millet or grass, not lucerne or kikuyu. Also assuming she is paddock fed as well, the health of the paddock needs to be improved, the ideal would be to do an analysis and see what it required, or according to the size of the paddock spread half a tonne of dolomite and half a tonne of gypsum to the acre.

The following minerals made up as follows should be added to the feed: Or if she is not hand fed the mixture should be fed as a dry free-access lick. It must not get wet.

*25kg of dolomite,
4kg of copper sulphate,
4kg of yellow dusting sulphur,
4kg of seaweed meal.*

Mix these well together in a cement mixer or similar and if she is being fed as above she needs a tablespoon of the mixture in each feed. If milked once a day one tablespoon only. Let her have free access to it as a lick as well. She will take what she needs. You can run a handful of the yellow sulphur down her back each morning – it might help. On no account must she have any other additives, especially molasses, insects like to bite animals that have sugar in their blood. No additives should be fed with the above. A tablespoon of cod-liver oil can be mixed into the feed about once a fortnight.

Pat Coleby.

PREVENTATIVE FOR SCALY LEG

I have a preventative solution to this problem of scaly leg. If you treat the perches of the chicken coop with dolomite or agriculture lime then the mites that cause the problem will be eliminated. Mix lime or dolomite (dolomite is safer or less corrosive) with water and apply liberally with a large brush or broom like a whitewash commonly used in olden times. Lice and mites will go immediately. Broody hens often get infestations of lice but one handful of lime or dolomite in the nest will clean them up overnight. This is a tip handed down to me by my uncle and I found it to be a simple solution to this problem. I also place a large drum of dolomite in a sheltered part of the chook shed to allow the hens to have a dust bath in it. This also helps to rid them of these parasites. I say a large drum because a 20 one drum is a bit small for a large hen or rooster. I hope this can be of use to your readers.

**R Scholz,
OAK FLATS 2529.**



MANGY CAMEL CURE

Re mangy camels, GR 122. I don't know if this will help, I copied it from an ancient Grass Roots so I'm afraid I can't credit the inventor, but it cured my friend's dog when all else had failed.

Liquidise one comfrey leaf in a blender with one cup of cold water. Let stand for 10 minutes then pour the green water over the animal's back. Repeat the treatment daily for two weeks.

**Paula Perry,
WOY WOY 2256.**

FLY FROM BASIL

Pots of aromatic basil around doors and windows will help repel flies from the home, or around kennels or hen houses. Plant seedlings in spring to form a hedge around animal housing.



MARKETABLE METHANE

Coal seam methane (CSM), notorious for the danger it has always represented to engineers and miners, is proving to have a more environmentally friendly and economically beneficial aspect: it is being used as an energy source in its own right. BHP is tapping methane from three mines in NSW and Conoco is selling gas to the Queensland market from purpose-drilled wells.

CSM resources are estimated to be over seventy times the capacity of reserves of natural gas in Queensland. The 1994 *National Greenhouse Inventory* put emissions of methane from coal mining and coal seams at 759,000 tonnes. That there is a market for this 'waste' and that it can be viably supplied means that methane emissions to the atmosphere are being reduced.

RARE WALLABY CONSERVATION

A cave in the Grampians (Vic) is the home of Victoria's most endangered marsupial, the brushtailed rock wallaby, nicknamed The Shadow. There is believed to be a colony of ten wallabies living in the vicinity of the cave, of a total population in the wild of about fifty. Although their distinctive droppings had been seen, no actual animal had been sighted at the location since 1986. In July this year an animal was recorded on film by a remotely activated camera triggered by a trip-beam. The wallaby, weighing only up to seven kilograms, is easy prey for foxes. Encouragingly, an intensive control programme in fifty square kilometre area around the colony has greatly reduced predator numbers and given the wallabies the opportunity to re-establish.

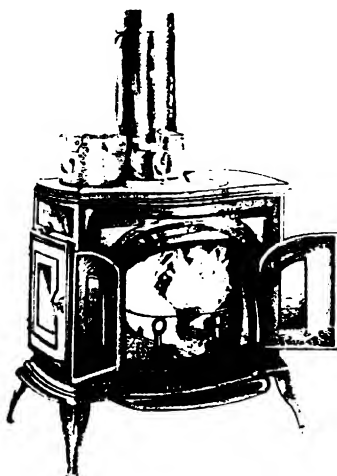
NEMATODE CONTROL RESEARCH

The Australian Turfgrass Research Institute Ltd has instigated a research project on the nonchemical management of nematodes in turf. A trial has been established comparing a range of organic alternatives with the standard chemical control. Anyone with any experience in using chemical alternatives to control parasitic soil nematodes in the growing of any plants is invited to contact: David Westall, Australian Turfgrass Research Institute Ltd, PO Box 190, Concord West 2138. Fax: 02-9743-6348.

EFFICIENT WOOD HEATING

The use of firewood for home heating can have a significant impact in reducing greenhouse gas emissions. According to research at the University of Tasmania, if fossil fuel replaced all the firewood used in Australia, carbon dioxide emissions would increase by about 4.6 million tonnes per year. However, inefficient wood heaters and open fires can produce as much as five times more smoke and carbon dioxide as modern fuel-efficient heaters. New wood heaters use eighty percent less fuel to provide the same heat as open fires, thus reducing particle emissions by eighty percent.

A recent campaign urges purchasers of new wood heaters to look for the Landcare swing tag indicating models which comply with the new Australian Standards. People owning older and (presumably) less efficient wood heaters can obtain a brochure titled, *How to get the most from your wood heater*, from the Australian Wood Heating Association, phone: 03-9592-2522.



BIOLOGICAL COTTON CROPPING

The Narrabri Cotton Institute has developed a strip cropping system whereby biodiversity is being used to reduce heliothis grub infestation on cotton crops. An eighty percent reduction of heliothis infestation (compared with conventional spray systems) has resulted from the biological control programme. Predatory insects are encouraged by the new alfalfa/Envirofeast strip cropping method. Envirofeast is a carbohydrate and protein mix (due to be commer-

cially released in late 1998) that attracts predatory insects to a crop and even, at sufficiently high concentrations, repels heliothis moths.



FISHING SUSTAINABILITY

Representatives from 49 countries attended the World Fisheries Congress in Brisbane last August (1996). Delegates were informed that of the 100 million tonnes of fish harvested each year, approximately one quarter is made up of nontarget species and is consequently discarded; most of these do not survive.

The world fishing fleet has doubled in number since 1970 and now has the capacity to bring in twice the maximum sustainable fish catch. A US fisheries scientist called for the global fleet to be halved, pointing out that the size of the fleet is supported by government subsidies which, ironically, are almost equivalent to the value of the catch (A\$70 billion). The proposal would mean the removal of half a million fishing vessels from the sea – a very unlikely scenario in the real world where short-term financial gain (or the hope thereof) outweighs long-term sustainability.

Evidence from Canada indicates that regulation of both the fishing season and the number of permits can contribute to the sustainability of the industry.

CHEMICALS CEASE PRODUCTION

The world's sole producer of the organochlorine pesticides, chlordane and heptachlor, announced in May that it is permanently ceasing production of these chemicals at its Memphis (USA) plant. These chemicals, recently widely used in Australia, Asia and South America though all but completely prohibited in the US since 1987, have caused widespread concern over their deleterious effects on human health and the environment. It is to be hoped that the market, particularly in developing nations, is not now flooded with leftover stock.

FEEDBACK LINK-UP FEEDBACK

Dear Megg and Mary,

After many years of silence I want to let you know Peter and I are still enjoying GR and finding the articles helpful. Glad to see the poetry page again. It is such a thrill for a poet to see his/her work in print and encourages the rest of us to keep writing. I'm also glad to see you retain the 'While The Billy Boils' recipes too.

As you see, we have moved back to Yass ('home' for me) from Western Australia and are amazed at the low prices of houses and land and low rentals in this area. This seems to me a prime time for jaded city dwellers and seekers of a simpler lifestyle to investigate prospects here. The rural lifestyle would be ideal for raising a family or for just 'getting away from it all'. Schools and services are in good supply and Canberra and Sydney are in easy striking distance, as well as the coast and the snow. The climate is pleasant, though summers are long and dry.

We noticed requests for **CHEAP TANNING SOLUTIONS** and Peter suggests the following:

- Boil up wattle bark chips into a tea, or alternatively oak tree bark or acorns. Make the first solution weak as tea, then progressively stronger as tanning proceeds.
- Flour and alum mixed 50/50 with water to make a thick paste, just plastered onto skin. This makes a very white leather, but is not actually cheap!

Nola Bindon,

38 Mont St, YASS 2582.

wooden
roofing shingles



Dear Readers,

I am interested to hear if anyone has built with **WOODEN ROOFING SHINGLES**, even if it is on a small scale. I am currently manifesting plans for my earth and people friendly abode and am aiming towards lowering EM radiation in the household by incorporating a wooden roof.

In WA the traditional local material for shingles was sheoak (ca-suarina) and size was 9 x 4" (23 x 10 cm) or thereabouts, with a one-third overlap of course. Does anyone know a book or have personal knowledge of this craft which may elucidate other facts such as minimum roof pitch, batten placement, other wood suitability (banksia?), fastening arrangements, weatherproofing, performance etc?

Wade Lally,

9 Cook Ave, HILLARYS 6025.

Hello to all GR Readers,

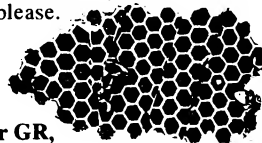
We are about three years away from our much dreamed of move from South Australia to somewhere around **BELLINGEN**. We think we have done most of our homework on self-reliant living but would much appreciate correspondence from any families who live in northern NSW so that we can learn from your experiences. Our daughter, aged 11, is not keen on the idea of moving and we would like to smooth the way for her by getting to know, even if only on paper, families who have made the move. So if there is anyone out there who would like to write, we'd be delighted to hear from you.

Jennifer, Daryl and Amelia Lamont,
PO Box 1634, GAWLER 5118.

Dear GR Readers,

In GR 121 I appreciated the clear sketch of a **FIGURE-8 KNOT** for joining two pieces of fencing wire submitted by C Dundee, C/- the McKinlay Pub, Walkabout Creek. I did wish to ask Crocodile by mail for a clearer sketch of the nonslip join for a straining post,

but I am unable to do this, as the postcode book has no record of Walkabout Creek. I can't therefore enclose any moola to shout him a few syrups at his local. Maybe he could submit another sketch to GR please.



Gerry Attrick,

C/- PO Box 242, EUROA 3666.

Dear GR,

Since I discovered your magazine at the local public library I have been borrowing many issues. As GR is so popular, it's not easy to get new issues, but old issues are as good and I've found lots of useful information about farming and clean living. At the moment I am reading a June/July 1994 issue.

Well, I am writing this to say thank you to GR, but also I have a couple of questions that someone may be able to answer for me.

I keep a few beehives, so I get lots of **BEESWAX**, which I use to make handcream. I add honey, lanolin, various oils plus lavender essence, together with some margarine for bulk and smoothness. I am quite pleased with this homemade hand cream, and use it liberally, not only on my hands, but also on the face and for hair care (very soothing and refreshing). My friends are delighted with my hand cream too, but alas only until I tell them that margarine is one of the ingredients. They seem to be horrified with the idea of having margarine in hand cream. So, here is the first question: Is there anything wrong with using margarine? Does margarine suffocate the skin, harbour germs, have a bad effect on the skin or what? The second question is, even if I don't add margarine, my cream turns out very yellow. Cosmetics appear to be normally white, pink or blue, but not yellow. So, will people like my cream better if it's less yellow, and if so how do I lessen the yellowness? Am I supposed to use only a tiny bit of beeswax?

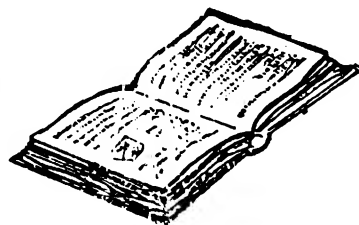
I look forward to hearing from anyone who may be able to help.

Yoko Beard,

**314 Kelvin Grove Rd, RD 10,
Palmerston North, NEW ZEALAND.**

Dear GR Readers,

I am wanting to put together a book of old forgotten recipes, remedies, hints and any other reading which might be helpful to people wanting to be more self-reliant. If anyone has something they would like to contribute it would be much appreciated.



Lisa McFarlane,

**58 Kuku Beach Rd, RD 20 Ohau 5500,
North Island, NEW ZEALAND.**

Dear GR Readers,

Here's an idea to deal with one of the scourges of the earth, the **PLASTIC SHOPPING BAG**. I have written to the Smith Family Head Office for ACT and southern NSW with the suggestion that they sell bag holders with their name on and offer a replacement bag holder (empty) when you return the bought one full of clean used shopping bags. Then we don't have to wrestle bags from our bag holders and they can just hang them up behind the counter and empty them as they need. This works out well for all involved.

They wrote back with much enthusiasm, almost return post, advising me that they intend to trial the idea at their Queanbeyan store. If you are local come and give your support. Maybe other op shops could use the idea.

Carolyn Pidgeon,

40 Antill St, QUEANBEYAN 2620.

FEEDBACK LINK-UP FEEDBACK

Dear Sir/Madam,

Here's a hint for vegetable growers frustrated by losing their crop to birds, snails and other pests: try **HANGING BASKETS**.

Snails etc can't reach, birds are frightened off by the movement of the basket when they try to land. Climbers such as snowpeas can droop down or be trailed up along the chains holding the basket up. Picking your crop and weeding are no longer back-breaking chores (hang the basket at a good serviceable height) and not a lot of space is required. Try this hint for a 'hanging garden' which is pretty as well as practical.



Kaylene Coulter,

19/41-43 Leinster Gr, **NORTHCOTE 3070**.

Dear GR,

Over a year ago I wrote to you asking if anyone could give me information on food dehydrators and food drying. A very kind gentleman answered with a drawing of a great design of a solar dryer. He went to a lot of trouble detailing everything and wrote a nice letter. I feel terrible because in the event of moving house I misplaced his letter and have never written back to thank him. If he is reading this and recognises the address perhaps he would be kind enough to drop me another line. (You had printed Middle Percy Island, wrong spelling, it's Middle Percy Island).

I am the mother of two boys, year four and year one. I teach them myself but use the Queensland Distance Education system. I am hoping to find a **TEACHER** - for part or all of the rest of this year to supervise the boys' schooling. We cannot pay anyone a wage, but can offer accommodation, food, fishing, bushwalking, swimming and many other activities for an active person or couple or someone who needs peace and quiet to write or paint. School work would take all morning so afternoons would be free time, however, for anyone interested in self-sufficiency, gardening, breadmaking, building, boats, hunting, animals, or being adventurous, there's plenty to be involved in. Anyone, or couple, interested must be willing to do a good job with the teaching and, if they have a partner, a hand around the farm would be gratefully received. We work six days a week, have Saturday as Sabbath. We're not into New Age religions, or way-out philosophies, no drugs, no excess alcohol, no dropouts or hippies. We're hardworking and take our self-sufficient lifestyle seriously, but enjoy God's creation all around us when appropriate. Is there a conscientious teacher out there who feels like a change and could afford to help me until the end of year or for one term? Please phone for more details (only serious applicants).

Liz Hickling,

Middle Percy Island,

via **MACKAY 4740**. Ph: 015-165-228.

Dear GR Readers,

I only recently discovered this magazine and am very pleased to see that such a publication exists. I guess there are others around that I don't know about either. This highlights my extreme inexperience in this field and the reason for my letter. After being raised in central Victoria, I joined the army about 20 years ago and have lived in numerous places around the country. My wife and four kids, aged between 8 and 14, have been looking for a place to settle in when I get out of the army.

At the end of the year we will be moving to Orange, NSW. We have got a few acres not far from town on what was once cleared grazing land. With a bit of help to speed up the process, I would like to plant some native trees and get a few fruit trees and a veggie garden going. I would like to have it under way as soon as possible so that my kids, particularly the eldest one, can have some benefit

from it before they might choose to leave home. I would like to hear from anyone in the **ORANGE AREA** who might like to give some advice, or tell me where I might get advice, on what are the most **SUITABLE PLANTS** to grow and so on.

In the early 1970s there was a shortage of secondary school teachers in Victoria so the government hired some American teachers to help out. They were originally intended to come out for three years I think. One of the Americans who was pretty popular with the students in Seymour, Vic, was Jim Sexton who appeared on the cover of GR 120. Seeing his mug after such a long time caused me to reflect upon the good life I've had. Thanks again.

Russ Lawrance,

3 Ebony Row, **MENAI 2234**.

Hello GR Readers,

My name is John Chester and I live in WA. I'm 48 and I'm an **OLD BUSHIE** and a horse breaker bush style. I also have done a lot of kangaroo hunting with dogs. If anyone wants to write to me my interests are: God, music, horses, hunting dogs on roos - pigs - rabbits. I also can live off the land, bush style, and know a lot about camping etc.

Also, I spent over seven years travelling with horses, dogs and almost no money. I know a lot about pack horses as well, plus city and bush survival.

Basically, I can give a lot of honest, truthful, helpful, down-to-earth tips on travelling through cities, towns and the country with horses and dogs. I've made my living also by playing street music and giving horse and pony rides.

John Chester,

PO Box 435, **HARVEY 6220**.



Dear Megg,

In reply to Melissa Farrell's problem with bull ants. I live in the bush and the best cure that I know of for **BULL ANT** (and jumping ant) **STINGS** is simply a splash or two of two-stroke petrol. The cure is almost instant and permanent. There will be no more burning sensation, pain or subsequent itch. I would be particularly interested in feedback here from somebody who is allergic to these horrible stings. Does this work for them?

To remove the nest, if it is hilled, simply level it to the ground and keep at least five metres away from it for about two - three days to give them a chance to settle down and re-open their holes.

You then simply pour about half a cup of petrol (no more) down each hole, screw the heel of your boot over it to seal in the deadly petrol fumes and forget about them. Do not ignite the petrol.

If the nest is in a log, chain-saw the nest area from the rest of the log and split it up a bit with a wood splitter and again get scarce. They will then normally abandon their nest.

However, if they are in a stump, beware. You may have a compulsive urge to burn them out. Many a tragic bushfire has been caused by burning stumps 'safely put out' except for one little root. This smouldering little root burns on and on for months undetected giving out no smoke. The root eventually resurfaces under dry leaves or dead grass on a hot, dry windy day. The rest of the story is history. It may be better to knock out the stump with a tractor or something and burn it elsewhere, in season and safely.

The suggestions I have just made would be economically impractical for extensive areas such as a school playground or caravan park. I understand that there are chemical treatments in such cases but I am unable to enlighten you more.

George Read,

190 Scoullers Rd, **STONEFYORD 3256**.

Letters are accepted and edited at the discretion of the publishers.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I've recently become very interested in **AROMATHERAPY** and **HERBALISM**. I'm having trouble getting books (second-hand and new) and information on both subjects and am also finding it hard to find a good supplier of essential oils, herbal products and natural cosmetics. I'd appreciate anything anybody has on these subjects.

B J Thomas,
109 Bobs St, WHITE HILLS 3550.

Look in the Grassifieds for suppliers of aromatherapy products.

Dear GR Tribe,

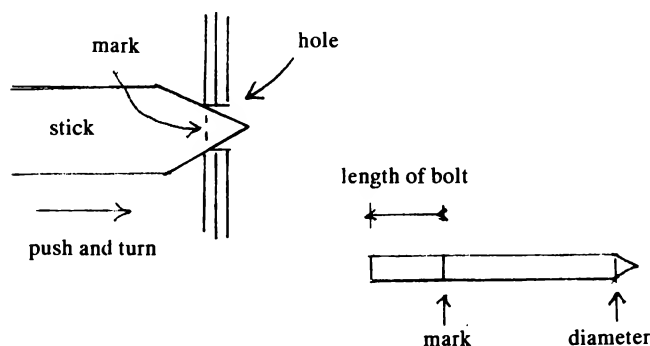
Many thanks for all the encouragement, yea even accolades, from readers for my whacky ideas, well unconventional anyway. I'm glad that they have helped some people game enough to try them and will rack my brains for a few more.

I must say that I find **RECYCLING A FASCINATING CHALLENGE**, no doubt to the chagrin of the ever-vigilant throwaway members of society, whose rampant disposability has run riot for far too long.

The education system would do well to teach 'lateral-thinking-recycling' so that our descendants are better able to cope in the next millennium and not make such a mess of it as we have done.

Have readers seen the 1997 diary *Blokes & Sheds* (Angus & Robertson)? As you'd expect its all very 'blokey', but in amongst all that are some remarkable tips that are so relevant to life on the farm. There are also some interesting dates listed: Kanaga Cow Cockies Cutting Festival (Chinchilla Qld), 1 Feb 97; All Fools Day in Mexico, 28 Dec (why?); Bogong Moth Festival, Albury, 15-23 Nov; Australian Coo-ee Championship at Coo-ee Bay, Yeppoon Qld, 9 August.

A handy tip for obtaining the **RIGHT DIAMETER** of a lost bolt or screw if you have to buy one is to push a tapered stick (or piece of dowelling, even a pencil) into the hole and turn it several times until a round mark appears on the stick. The hardware store or garage can then have a better guess at the size of bolt they should sell you. For the right length mark the stick lengthways with a scratch. Also pushing a piece of paper onto the hole will leave a mark the size of the hole.



Many thanks for the many copies of *Desiderata*, or 'Things desirable for a happy existence'. I believe the original wish, prayer, instruction, call it what you like, was found in old manuscripts in Old St Paul's church, London, in 1692, so is no doubt older than that. Three hundred years is a very long time, but basic human relationships and problems will probably never change. I wish I'd had *Desiderata* to fall back on and consult during my early teens, and afterwards.

I'm beginning to read a fascinating book, *A Magic Dwells*, by Sheila Moon, a poetic and psychological study of the Navaho Emergence Myth. It's not unlike most stories of people in tune with their environment and is of course totally opposite to the

'civilised' way of life and its philosophies of raping and plundering the earth.

On the east coast of Australia the cattle industry only accounts now for two percent of land use of the total, but has resulted in causing the majority of our land degradation and river silting since the first fleet. Riverine estuaries are an important place for many fish to come in from the ocean and breed. There's a creek near my place where large barges used to bring down timber and produce to the coastal steamers about 1840 to 1910. Now at high tide the creek is so silted up I have trouble paddling a canoe in it without hitting the bottom. The level of the ocean has risen 25 centimetres since 1900, and if it hadn't I would be able to walk up the creek without getting my shoes wet! So where are the fish going to breed? They can't so they don't.

Good topsoil is now clogging the creeks and estuaries. I've seen photos of inland arid areas with the remains of trees and their roots a metre above the surrounding earth. The rest has blown away out to sea, to New Zealand, due no doubt to bad land usage. A whole metre of it all gone, forever. Are things improving? I read where a thousand acres every day are being clear-felled in northern Queensland. We never learn by our mistakes it seems.

Roberino,
Lot 4, ARRAWARRA BEACH 2456.

Dear GR People,

Deb and I, plus our lively tribe of seven, are planning to make our big move out of the suburbs and onto some land to establish some form of self-sufficiency and regain our sanity. We have a keen interest in permaculture and would love to correspond with anyone in or near the **WOLLONDILLY SHIRE** who has a similar interest.

Chris, Deb & Co,
29 Chullora Cr, ENGADINE 2233.
Ph: 02-9520-6561.

Dear GRs,

In response to Samantha Lane 'The Builder From Hell', please don't hold a **GOLD CARD** builder in such high regard. Any owner builder can obtain one without having any building experience apart from building his own home - which could be a tin shed! Good luck with the saga Samantha.

Bree-Ellen Blanchfield,
102 Fleetwood Rd, Belli Park,
via EUMUNDI 4562.

Dear Grass Roots,

We would like to offer an active nonsmoking pensioner a chance to live in the country, on a property north of Shepparton, perhaps **SOMEONE INTERESTED IN BEES**. In return we would like an occasional hand with odd jobs and orchard work, along with the maintenance of a vegetable garden. A person who would enjoy living on a farm, in a self-contained unit for a low rent, in an attractive environment. A retired couple would be considered. A well behaved pet is fine. We are flexible and will consider options given.

We are a couple with grown-up children, who made the move to the country eight years ago, enjoy the lifestyle very much, even with the hard work to get the business started, so an occasional helping hand would be ideal.

Mariea Richards,
'Aintrees', Furness Rd,
STRATHMERTON 3641.

There is no charge made for Feedback letters, however, items for sale, properties and contacts should be advertised in the appropriate Grassified section.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I would like to find a **CREATIVE AND ORGANIC COMMUNITY** area. I would appreciate information and all letters will be answered.

Catherine,
PO Box 377, MIDLAND 6963.

Dear GR & Readers,

Melissa Farrell re aggressive **JUMPING ANTS**. We had similar ants in our yard when we lived in Tasmania, where they were known as 'jack jumpers'. They start jumping wildly when walked near or annoyed and will jump on you and bite hard. Their nests are little mounds of sand and tiny stones with a hole in the centre. We used to boil the kettle, take it and a big stick out to the nest, poke a few holes in the nest, stand back and pour the hot water down into the nest. Check for stragglers or rebuilding attempts for a few days. They will also build a new nest overnight on any spare piece of dirt they find so they can appear again for a few months. Keep up the boiling water each time a new batch is discovered.

Anne, re **CARAMEL**. My auntie used to simmer straight condensed milk for quite a while until it darkened and thickened, then put it in the fridge to set, in a greased tin. Yummy and rather gooey.

Maggie, **STYRENE FOAM BOXES** are often free from vegie shops and supermarkets. Old tyres piled up and filled with dirt make deep gardens too.

Helda Kelynack, aren't **SHINGLES** in the same family as cold sores, chicken pox etc? The amino acid L-Lysine could help, taken internally. Pure witch hazel dabbed on externally. Also a good antioxidant and mineral supplement from your naturopath could help build the immune system. I've been reading a lot on the immune system and deficiencies. It's very complex, but reassuring when you find out just which things you need to build your immune function up again. Good luck with this painful ailment. I suppose tea-tree oil would sting, maybe it could be put into a bath. It helps with cold sores. Also, apparently chocolate, coffee and brown rice have some substance, which I have forgotten the name of, in them which can aggravate the condition.

Sue.

Dear GR,

I have been looking for a **HAND MILL** to produce flour from various grains, including rice. In the December 1981 issue, there is an article on hand mills, but being so long ago, I wanted to know if there are any South Australian suppliers or a current address of suppliers of hand mills. Can anyone help with this request?

Alicia J Graham,
49 Hensley St, PINNAROO 5304.

Dear GR Readers,

Myself, husband and three home-schooled children wish to move onto a small holding in Victoria, Bairnsdale/Sale or perhaps **GIPPSLAND AREA**. We wish to find the right place with down-to-earth folk, arts/crafts, part/full self-sufficiency practised. Would be happy to hear from anyone who can help. Pastoral Protection Board NSW taxes property above 24 acres (10 ha); is there a similar rural lands board in Vic and if so how many acres do they start taxing? Any knowledge would be greatly appreciated. Anyone have any wheat/yeast free recipes for children. My girls, Kira 14 and Candice 11, would love to be penfriends with GR minded children.

Suzanne,
15 Station St, KATOOMBA 2780.

Dear Megg,

Three useful pieces of information.

- 1) **CELERIAC LEAVES**, green or dried, give a good flavour to soups and casseroles.
- 2) To improve the **TEXTURE OF BREAD**, mix a pinch of vitamin C with the yeast. My jar is labelled 'Pure sodium ascorbate powder' and is marketed by Vitaglow P/L.
- 3) Anyone who wants information on how to **MAKE SAUSAGES**

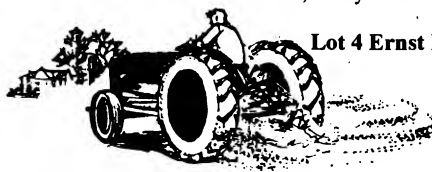
should obtain by whatever means necessary, a copy of *Charcuterie and French Pork Cookery*, by Jane Grigson, published by Penguin. This book is so empowering and inspirational that copies should be left in motel rooms, like the Gideon bible. As well as sausages, directions are included for pork pies, rillions, black and white puddings, brawn, audouillettes, galantines, patés, chitterlings, how to cook all the 'bits and pieces', and, as they say, 'much much more'.

Barrie Mather,
RMB 3006, Harry's Creek Rd,
VOILET TOWN 3669.

Dear Grass Roots,

Please help with any info regarding a **SMALL PLOT TRACTOR**, an article in GR 59 (Feb '87). Is this info still available? Plans etc to build one, anything would be of appreciative interest as we are avid readers of GR, every issue.

Anthony Lyttle,
Lot 4 Ernst Rd, KANDANGA 4570.



Dear Grass Roots,

Is there anyone who would like to be part of a project aiming to help some of our **HOMELESS YOUTH** to become self-sufficient through learning skills such as permaculture, building and biodynamic farming? We have beautiful land on the Tweed River and we aim to become a housing co-operative. We need skilled people committed to a drug-and-alcohol-free lifestyle who want to be close to earth and spirit and lots of water!

This is an opportunity to create a viable business whilst guiding young ones through a crucial phase in their lives. We welcome ideas and energy for sharing the work, the profits and the fulfillment of providing an alternative to the normal institutions. Crafts people, disillusioned welfare workers, anyone who finds this whole idea meaningful to them, please write.

Melita,
River Heaven, PO Box 1360,
MURWILLUMBAH NSW 2484.

Dear GR,

Could anyone help me with a recipe for **DARK JAM PUDDING**? My mother used to make it with any old jam, adding bi-carb soda and hot water to it then mixing into dry ingredients before steaming.

P Thompson,
RMB 2915, NUMURKAH 3636.



Dear GR Folk,

I have been reading GR since 1982 and love Feedback. On reading Eco News in GR 120 I was worried about **GENETICALLY ENGINEERED SOYA BEAN**. I wrote to Senator Bob Woods and was passed on to Senator The Hon Chris Ellison, Parliamentary Secretary to the Minister for Health and Family Services, who in turn passed me on to ANZFA (Australian New Zealand Food Authority, PO Box 7186, Canberra 2610). The letter of reply is not very reassuring, but at least I got a reply.

Keep up the good work GR team. I look forward to reading GR well into my old age.

Mary White,
51 Peppercorn Pde, EPPING 3076.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

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- * article with recommended reading
- ** book review

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WHAT DO THESE HAVE TO DO WITH GR?

Well if you like to squirrel away all your GR's and stop them from being trodden on, we suggest you stow them away in GR Binders.

Also unless you've the memory of an elephant you'll find your free copy of the GR Back Copies List invaluable when trying to locate information.

Flip over to the last page for details.

FEEDBACK LINK-UP FEEDBACK

Dear People,

Thanks to those who took the trouble to write to me about how to cope with the **MICE** who move inside in winter. Two good methods are peanut butter on the bait plate, and a pumpkin seed the same. I received a very good letter from Colin Franklin, thank you Colin. Mice hate mint in pots.

To get rid of **WOOD GRUBS** make a mixture of spearmint, pennyroyal, peppermint essential oils, mixed with some derris dust into a paste. Put two tablespoons in four litres of water. Spray in the holes.

I have a property of 25 acres with a lovely big house and sheds, but country living can be very lonely. Think before you leave your families.

The front page in colour is beautiful. I laughed and laughed about 'The Builder From Hell' by Samantha Lane.

Thora Carle,
'Valley View', Ashford Rd, INVERELL 2360.



Thora with her two friends feeding Ned the horse.

Dear GR Family & Readers,

I wanted to tell you all a bit about the property hubby (Farmer Dave) and I and kids (3) have moved to, just outside of Medowie, NSW. It's 42 acres with cleared paddocks, bush, house, dams, fence etc. All set up for us to live and learn on in preparation for our own property. Some poultry were donated by friends, cows we bought, add a pup and a pig and we have a lovely GR farmyard. Farmer Dave is looking for a herb crop that he can grow organically on a commercial scale. I'm looking for a method of puddling clay by the twenty kilograms which doesn't involve my bare feet! Also, does anyone know of basic homemade glazes for raku pottery? I would like to answer people's questions through Feedback so everyone can benefit from what I've learned.

Hello Lisa Cooper and family. We love you and want you to be strong. A **TYPE OF AUTISM** can be from oversensitive hearing which makes sounds explosive and frightening. I looked it up in *The Nutritional Almanac* and it spoke of vitamin therapy especially pangamic acid which is in apricot kernels, pumpkin and sesame seeds, brown rice and wholegrains. Neo-Life offers Vitasquares (multi-vitamin for kids) and Vitagard, a children's effective antioxidant.

Mrs D. Baker and **LUPUS** (which primarily affects connective tissue). Where do I start? From the stomach! Drink apple and grape juice and a little cider vinegar before meals to increase stomach

acid. Connective tissue needs 18 amino acids to repair itself. Fertilised raw egg milkshakes will do the trick, or a reputable protein drink mix from natural sources. Synthetic aminos are not recognised by the body. Neo-life has Nourishake with all 22 aminos. Coupled with vitamin C from oranges and other fruit and calcium from dark leafy greens, dairy products, sardines and you will get strong supportive connective tissue within a month. To make this connective tissue comfortable in the joints we need Omega-3 fatty acids from tuna, sardines, salmon or supplements. This oil keeps you from getting stiff joints. Adrenal glands – their breakdown was the beginning of the illness. Strengthen and renew them with essential fatty acids from whole grains, corn, sunflower and safflower oils, revitalise them with vitamin E from wheatgerm (oils) and get them into action with B-complex from whole grains, nuts, seeds, liver and kidney. You will probably need at least a month on supplements and diet and then just diet to really make a difference, as it is recommended to have up to 2000iu of vitamin E daily. Use

PABA cream from chemist/doctor for skin affected with lupus.

J McRae for **ACNE ROSASIA** control. Tiny blood vessels in the skin relax and seeping blood gives you those red cheeks and nose. To keep those blood vessels tight maintain high levels of vitamin C and B-complex. For foods, look to the above answer. One orange has about 10-30 mg of vitamin C so have a glass of juice once or twice in the day.

Elissa Freeman: **ORGANIC CHOOK FOOD**. Buy a sack of wheat (10 kg/\$5) and put some into a large pot, wash and let sprout (do not soak but rinse daily) and give to chooks, well sprouted. Use house scraps, green-grocer scraps, bakery leftovers. Have shellgrit available and add a splash of vinegar to their water bowl.

Now for something everyone wants: **WHITE TAILED SPIDER BITE**: apply lavender oil and pure natural vitamin E oil to bite. Start internal detoxification by drinking lots of water, taking lots of vitamin C and garlic and eat wholegrain rough foods.

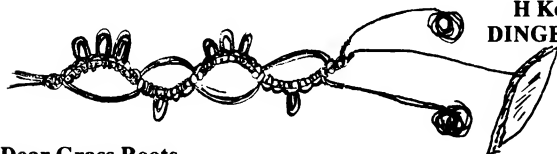
In my previous letter (GR 120) to Sue Sutherland it said vitamin E is made from friendly intestinal bacteria, actually it is vitamins K and B-complex (some). I'm not sure if this error was a typo or not. Also I am after **GIN-**

SENG SEEDS and can pay.

Jennifer Midgley,
PO Box 148, MEDOWIE 2318.
Ph: 049-873-425.

Dear Grass Roots,

Could any reader help me with **PATTERNS FOR TATTING**? I have a granddaughter who would love to do it; she does a lot of crochet work. It's great to think these young girls want to do this sort of work. I'd be most grateful if anyone could help.



H Kelynack,
DINGEE 3571.

Dear Grass Roots,

A request to Top-End readers. I would like some seeds for two bush food species – blue almond (*Athertonia diversifolia*) and peanut tree (*Sterculia quadrifida*). I will pay for postage if any kind person can send these to me.

Georgina Clark,
PO Box 88, DUNGOG 2420.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

FEEDBACK LINK-UP FEEDBACK

Dear GRs,

To A Lance of Katherine, common names for ants can vary between households but you appear to describe what we call **FIRE ANTS**. So small, they even get into twist-seal jars, often set up satellite nests amongst clothes, books, newspapers, etc, at times invading the bed during the night; even after your fiftieth leap up from their burning bite and bleary-eyed search for the culprits, more will come along. I knew a very committed conservationist years back who ended up getting his house fumigated (chemically!) from frustration. Other ants won't touch them. After an inadvertent taste, I found them very bitter, perhaps a defensive chemical. They're shade loving and intolerant of heat. I put mattresses and bedding out in the sun which quickly kills them. Inner-sprung mattresses may afford an insulated refuge. Otherwise, I put some food in a container, which they swarm into rapidly, and burn that. This doesn't, however, get rid of the nests and breeding queens which may require some form of poisoning.

KATHERINE has an inland climate, drier and subject to temperature extremes not experienced on the coast. It's often said by many Darwin people that it is the southern-most limit in Australia of an acceptable climate. Walk around the town and speak to people over the fence. Those in their gardens are most likely to be keen gardeners. Listen to the 'ABC Gardener' on Territory Radio, Saturdays at 8.30am and don't hesitate to phone with questions. A permaculture group – Top End Permaculture Katherine – used to be contactable at: PO Box 937, Katherine 0851.

John Townsend of Palmwoods, **SAPOTE** is a name given to fruits of a number of different species. I have a black sapote and have found references attributing that name to *Diospyros ebenaster* and *Diospyros digyna*. Whichever is right (both might be), it's also called chocolate pudding fruit. I've seen references to yellow sapote and green sapote, but never white sapote. It may be one of the Pouteria or Matisia species which are also sometimes called sapotes. My variety of black sapote likes part shade (it's still small) and a rich, well-drained soil. It dislikes soil acidity and too much root competition from other plants. They're easily grown from seed but I've never tried cuttings.

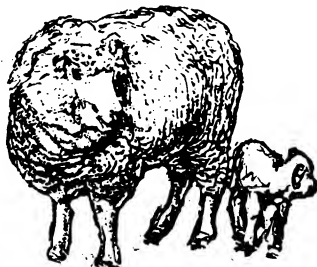
On the comments made by Betty Bochenek about **PAWPAWS**: they have been grown for a long time even south of Sydney by people just using seed from any shop-bought fruit. By successively using seed from the tastier ones you have a better chance of quality progeny. The main problems are caused by soil being too acid, waterlogging, or else just cold wet soil around the roots which is a danger in the southern winter. Otherwise, they'll thrive in just about any sunny sheltered position.

To Borange of Fanny Bay, try contacting the Darwin Herb Group, their number was (should still be): 89-272-126.

Zig Madycki,
Korlobidahda, via MANINGRIDA 0822.

Dear GRs,

In reply to Elissa Freeman.
We have **MILKED SHEEP** on a couple of occasions. We weaned or partly weaned the lambs at 6-10 weeks and obtained one litre per day from two milkings from the first month or so. As yield went down we dropped to one milking per day and got around 500 ml per day for the next few months. This is the usual practice in Europe, but their sheep give much more milk. The milk tastes great, is very rich and makes excellent yoghurt (very sweet) and cottage cheese. There are a number of commercial dairies in Australia and they nearly all use either Dorsets (polled or horned, not down), Border Leicester, Border Leicester x Merino, Romney, or Coopwarths, and report similar yields to us. Of these, Dorsets have the



best temperament for hand-milking, but the poorest wool for spinning. You will probably do best with any local crossbred used for fat lamb production, and the quietest ones will be bottle-fed poddy lambs. These can be obtained from local farmers and possibly children's animal nurseries for as little as \$20.

We have recently imported semen of the East Friesian breed which is reported to yield three litres per day and we hope to be able to provide GRs with improved milking sheep in the near future.

Sheep do best on green grass but really love grain, the safest being oats, a couple of handfuls of which are a good way of taming them and getting them in the milking stand. Milking does not affect wool quality if the sheep is well nourished. Sheep are extreme herd animals and will not be happy unless you keep two or more, or are willing to keep one near your house and give it lots of attention.

I enjoy reading GR and hope to write some articles one day. Does anyone have seed of ungi?

Ken Thompson,
61 Wiseman Rd, SILVAN 3795.

Dear GR,

Can anyone help with information about **GREEN WOOD-WORKING**? This is working with the wood while it is still green and was popular overseas about 100 years ago. I make bush furniture to sell at markets and am always searching for ways to create something different.

Mick D'Amico,
RSD R676, DEREEL 3353.

Hello Dear GR,

My name is Russell. I write you this letter because I'm in need of help. I haven't found a **PROPER PLACE TO LIVE** yet, being moved about by agents that presumed know I'm penniless. I'd dearly love to be self-sufficient and live on a small farm doing work for food and shelter. I'm looking for a family or someone in Australia, anywhere, who needs help I may be able to exchange. I've got a little green thumb and know how to shelter and care for animals. I receive a small pension through a Disability Support Scheme which could be a start to supplement an owner in financial trouble. I'm willing to share what I've got and what I know with the right people. I do have a small dog. He's part of my family and he must be with me all the time. I'm not necessarily looking for a partner for the land is my love. I have a few tools, a push-bike and tent, and can build (being an ex-bricklayer). I have never been so desperate before for employment and a roof over my (our) head. My concentration level for work is a little poor and I've been known to rush into things, so I'm looking for some understanding people (person) with hobbies. Mine are writing, gardening, music, games, home-brewing, cycling, making things from discarded items, cooking. I do need to escape from this organised part of the world. Can anyone help?

Russell
2 Armagh Crescent, IRYMPLE 3498.

Dear GR,

Can anyone help me? I don't know if I saw it on TV or read it somewhere, but a group was forming to **SUPPORT MOTHERS** who had children who suffered brain damage as a result of vaccination. My neighbour is one such mother and would like to contact this group.

To Kerrie Marriott (GR122): I have an index book and each month whatever interests me goes into it as a short entry. For example, under 'S' I have an entry that says 'Simple Soap – GR122, P62', and another for vegetable soap. Some I enter twice, for example 'no-dig garden' I have under 'N' and 'G'; laundry discs I put under 'W' for washing as well as 'L'. Hi to Katrina Farac – write me a letter! (Lost your address.)

Sandra Binns,
PO Box 13, KINCUMBER 2251.

FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Has anyone ever made plant propagating pots out of animal manure and straw? I want to plant seed in the pot and, once it germinates, plant pot and all in the garden. Is there a mold for making them?

Has anyone tried to breed maggots for fishing? If so, please let me know details.

A S Mann,
4 Cannon St, TOOWOOMBA 4350.

GR 80 contained an article about making homemade seedling pots.

Dear GR,

Having suffered from **CHRONIC FATIGUE** I have spent a lot of time in university libraries during the last few years, finding information on various aspects of nutrition. Interestingly, I found that the mineral **SELENIUM** has now been shown to be of profound importance in human nutrition. **JAMA** (*the Journal of the American Medical Association*, 25th Dec, 1996.) shows promising results in regard to selenium and cancer prevention. Similarly, after reading the editorial in the *British Medical Journal*, Feb 97, in which the research scientist is now advocating national supplementation – not just because the animals are being supplemented, but because demographics have shown over a number of years that blood selenium levels have markedly reduced. She cites a problem with bioavailability due to modern agricultural practices among other factors.

During my stay in Armidale recently I once again found myself in the university library. From a health store owner who is also a farmer I discovered how the sheep had trouble standing (white muscle disease) and after an agronomist from the university tested the soil it was found to be deficient in selenium. I confirmed this and found that the local fertiliser shops are selling selenium to supplement sheep.

I would like to open this subject for further debate and would like to hear from readers whether through the magazine or personally, about the selenium content in your area.

John Danecki,
C/- PO, COOCHIEMUDLO ISLAND 4184.

Dear GR Readers,

We are a family of five, three children aged 6, 2 and three months. I aspire to the alternative lifestyle and dream one day of living in **NORTHERN NSW** (Byron Bay). I would greatly appreciate information about this region. Are there communities we could be a part of, what is work like, is there opportunity for selling crafts etc? I am an Aura-Soma Colour Therapist and hoping I can work in this area!

I also have a keen interest in **STEINER EDUCATION** and am looking for recipes for dyeing natural fibres and cooking chemical and preservative-free meals. Would love to hear from like-minded people. One more plea – my three-month old has eczema. Does anyone have any suggestions or remedies on how to deal with this? Don't know what I'd do without this magazine, keep it up!

Wendy Green,
86 Beverley Rd, HEIDELBERG 3084.

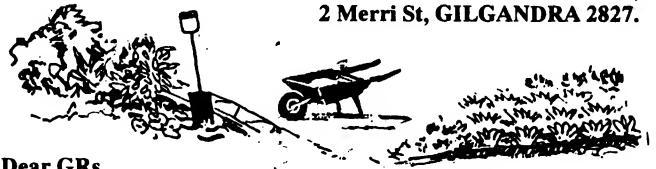
Dear All,

Thanks heaps for such a brilliant magazine full of so many different and fantastic ideas. You have saved me many a time and I love you all!

In reply to Kelia and Javi from Central Lansdown about **NATURAL BABY CARE** (GR 120). The best way to wash a baby is with no soaps or shampoos, just use water and a face washer. For dry skin, if you don't want to use baby lanolin, try getting some unperfumed oils from a naturopath. Use cloth nappies – disposables take something like 500 years to decompose – and soak in a nappy treatment which is phosphate free and biodegradable. Breast feed on demand. Give lots of kisses and hugs and listen to her/him, but don't be a wimp. You can't spoil a baby before six months, so

lavish unstintingly till then, then rethink. Feed lots of vegies and only give boiled water, no juices or cordials.

Katrina Jones,
2 Merri St, GILGANDRA 2827.



Dear GRs,

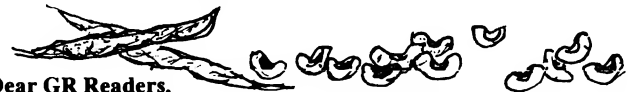
Chester Hill Neighbourhood Centre is in the western suburbs of Sydney in an area of high youth unemployment and a large number of families from a non-English speaking background. Over the past few years we have been talking about starting a **COMMUNITY GARDEN**, ideally using permaculture techniques, where young people who are unemployed could develop their skills. Our dreams have come closer to reality with the receipt of funding for two years to employ a person to work with those young people who are interested, to share skills and knowledge and to develop the garden.

Where do we start? We have formed a group called Young Earth, made up of young people and some local youth workers and have a plot of land at the back of the neighbourhood centre. Many of us have been visiting other community gardens in the Sydney area, but we still have a lot to learn.

We would love to hear from others who are involved in community gardens, or who have experience in permaculture gardening and would be especially eager to visit other community gardens in Sydney or surrounding areas. Looking forward to hearing about your experiences, both good and bad, about things such as what to plant, what is the best way to involve everybody, how to set up recycling systems and what to do with the produce, when it finally arrives.

Ann Dadich,
Chester Hill Neighbourhood Centre,
PO Box 446,
CHESTER HILL 2162. Ph: 02-9645-3700.

Try contacting Darren Phillips who has compiled the 'Australian City Farms, Community Gardens & Enterprise Centres Inventory', available from him for \$20 incl postage. Ph: 03-6224-8767, 158 Collins St, Hobart 7000. Another useful contact is Fiona Campbell, the NSW State Co-ordinator of the Australian City Farms and Community Gardens Network. Ph: 02-9588-6931. There are also many relevant Internet sites if you are able to access the net.



Dear GR Readers,

What a response! Thanks to all GR readers for supplying me with **POOR MAN'S BEAN SEEDS** (my letter was in GR 116). I have thanked each one personally and have great results. I gave one bean to my next door neighbour and also planted one myself. Both beans came up together, my neighbour's vine headed south along fences, over trees, garages and anything else in its path. Meanwhile, my vine was last reported trying to climb a telegraph pole! It was strange to see the feelers hanging and trembling in the breeze as if ready to pounce on the nearest object. Panicking, I asked my neighbours if they would like me to cut it back; all said to let it go. Now all are enjoying beans and all seem to like them. The rest of the beans I received have been distributed to different parts of NSW.

Now a second request. Does any reader know how to make a **HAYBURNER**? I know you need a box, straw or hay, but I do not know how to bring it all together.

Cliff Nunn,
7 Bourke St, CARRINGTON 2294.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

We (my husband and I) have recently moved from Parramatta to the country. I need urgent help.

My **NO-DIG GARDEN** keeps sinking and when I top it up with straw the straw shoots. No one ever mentions in articles or books about this problem. I can't find some of my little plants as the straw has taken over.

A **SMALL DAM** is covered with water hyacinth and weed and even small trees are growing on the surface of the water. How can I clean it out?

The one and a half acre block we have is barren and I don't know where to start to make it lush and green.

DUAL OCCUPANCY – any information please.

Sandra Burke,

C/- Post Office, MACKSVILLE 2447.

Dear Editors,

I am writing in the hope that a reader may be able to help me. In the Autumn 1979 issue you published an article by **DAVE INCIGNERI** who was travelling around Australia in a covered wagon. I am at present writing a history of the Incigneri family and would very much like to contact Dave as I cannot place him in the family and would hate to exclude him. People who met him on his journey report that he knew all the family members so we are confident that he does 'belong' to us. If anyone knows how I can contact him I would be most grateful to hear from them. They can write to me at 23 Gareth Drive, East Burwood 3151; phone me on 03-9802-5289, or fax me on 03-9886-1459.

Angela Incigneri.

Dear GR Family,

I've noted in GR requests for a bread that doesn't contain shop bought yeast as a rising agent, but a homemade 'riser'. I've several recipes for the making of a 'riser' ranging from potatoes to bi-carb soda, but I've found the lemon yeast bread to be the best and the recipe for it dates right back to the early 1800s and our pioneers who couldn't just run off to the corner shop each time they required bread or something.

Pioneer Recipe Lemon Yeast Bread

Lemon Yeast

juice of 2 medium size lemons

2 tbsp plain flour

2 tbsp sugar

1 tsp salt

2 cups lukewarm water

Mix well together and put into a sealed bottle or jar.

Bread

11 cups plain flour

2 tbsp sugar

2 - 4 tsp salt according to your taste

approx 2 1/2 cups lukewarm water

bottle of yeast mix

Sift dry ingredients into large bowl. Make a well in centre of it and add bottle of yeast mix and then enough water to make a soft dough. Allow to stand 3 - 4 hours then knead for 20 minutes, put back in bowl again to rise till the surface of dough has cracked. Divide dough into two loaves and knead again for 10 minutes. Put into greased bread tins and allow to rise till above sides of tins. Put into oven at 200°C and bake approx 1 1/2 hours, or till it sounds hollow when tapped on bottom.

Since I last wrote I've now developed early liver failure due to the 16 hours I must spend every day on a life support machine. I was a bit shocked when first told, but I've picked up my bundle again and am plodding on ahead. Suffering can either crush you completely or else raise you above it all, it's really up to you, but I myself appreciate my entire world and each day with a clarity of mind, body and soul I never possessed when I was healthy. I have a request: can anyone tell me how to play a **JEWS HARP**? I came by one recently, but not even a music shop could tell me how to play it.

I collect **PHONE CARDS** and if anyone can send me even one I'd be very grateful, plus I need a Billy Tea Heritage Series card to complete my collection. If you have stamps you no longer want they'd be welcome too. That's all for the moment and remember 'Our greatest glory doesn't consist of never falling, but rising everytime we do fall'. God Bless and love to all.

Michele Dixon,

43/136A Lindesay St,
CAMPBELLTOWN 2560.

Dear Grass Roots,

I have for some time been saving the **SOAP ENDS**, with the idea of being able to reconstitute them back into bars of soap for re-use and would appreciate help.

Judith Jackson,

RMB 1144 Grip Rd, TOORA 3962.

Dear GR,

It is over seven years since I have breathed fresh air and felt well. At that time I stayed at a friend's in the country (where I first heard of GR). I have had a number of country visits since that time but have always been extremely unwell. I am **SUSPICIOUS OF PESTICIDES** in all these places – white ant treatments, borer treatments, flea bombs etc. My friend of all those years ago was very anti-pesticides. She used goats to munch the blackberries on her property – far more effective than any silly pesticide. I am wondering whether I might be lucky enough to find another GR reader who has a property reasonably free of pesticides and who might be prepared to have myself and my dog visit for a while.

I believe my own **SENSITIVITY** has been triggered by exposure to insecticide. Even my dog developed a sensitivity to pesticides at one stage. However, she appears to have recovered again. Perhaps fresh air could do the same for me.

Please contact me if you have a property which you believe may be suitable.

Anne Kennedy,

C/- PO Box 242, EUROA 3666.

Dear Readers,

Natural Alternatives Through Undertaking Research And Education (**NATURE**) needs your help! **NATURE** aims to affect social change through the promotion of sustainable, ecologically sound development. This encompasses both business and personal spheres, resulting in an effective means of securing resources and enhancing the community's standard of living.

By promoting self-sufficiency, we aim to institute a gradual change away from consumerism. Through education on topics such as frugal living, alternative energies and permaculture, we hope to foster an understanding of the opportunities we have as caretakers of this planet.

Practical workshops are an important aspect of how we view effective, sustainable development of community structure. By making available information on methods of living a sustainable lifestyle, as well as offering practical assistance, we believe that change will occur in the practices of industry and government.

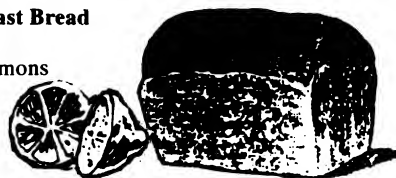
As part of our information network, we publish a quarterly newsletter. We need the assistance of those involved in the fields of organic gardening, permaculture, self-sufficiency, frugal living, food and nutrition, sustainable development, alternative energies, ecological preservation and alternative medicines. If you feel you have the knowledge and the time to contribute articles of any length to our publication, please make contact.

We are a nonprofit community group establishing an education network amongst the community and the business sector. Membership costs for 12 months are: \$10 full membership, \$7.50 concession. Schools/community group membership welcome. Price is negotiable depending on your requirements.

Stephen Walton,

PO Box 61, CLAYFIELD 4011.

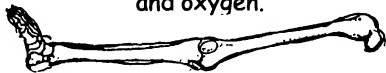
Ph: 07-3865-5838.



BEWILDERING BODY BIT FACTS

Did you know?

- ✂ The small intestine - which absorbs digested nutrients - is 6 metres long!
- ✂ The human adult skeleton is made up of 206 bones.
- ✂ The body's skin replaces itself each month but a person's fingerprints always stay the same.
- ✂ When your foot or other body part 'goes to sleep' it's because the nerves have been squashed and blood vessels haven't been able to supply the vital nutrients and oxygen.



SEARCH-A-WORD PUZZLE

Find the names of these body parts amongst the letters. There are 17 words to find:

B	B	M	U	S	C	L	E	S
R	O	L	M	C	E	E	Y	K
A	N	D	S	A	L	G	E	U
I	E	P	Y	L	L	F	M	L
N	K	H	I	P	S	R	I	L
L	V	P	O	H	A	I	R	U
N	E	R	V	E	A	R	B	N
S	I	G	H	E	A	R	T	G
I	N	K	I	D	N	E	Y	S

BRAIN
HEART
SCALP
MUSCLE
CELL
LEG
EYE
BONE
HAIR
VEIN
NERVE
HIP
LUNGS
SKULL
KIDNEY
ARM
EAR



BOOK REVIEW

The Human Body - by Dr Marie Rose

This fascinating book takes the reader on a visual journey through each of the body's systems.

It also has sections on areas related to the functioning body such as how we grow up, artificial body parts and the nature of disease. The illustrations are big and graphic (but not stomach-turning) and the text explains how body systems and parts work. Photographs of microscopic detail are also included. This book is a

great way for school age children to learn about the complexity and dynamism of the body - also a helpful aid for relevant projects. Written by a general practitioner with a special interest in young people's health.

Published by Allen & Unwin RRP \$21.95.



TASTE SENSATIONS

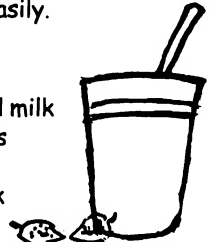
Calcium packed to feed your bones and teeth

Calcium is one of the most important elements of the human body. It plays an important part in many body processes. If we don't consume more calcium than we lose each day, the body draws on its stores of calcium in the bones and if this happens too many times the disease called osteoporosis can develop and bones break too easily.

SWIRLY SMOOTHIE

Ingredients:

- 1 cup strawberry flavoured milk
- 1 cup chopped strawberries
- 2 scoops vanilla ice cream
- 1 cup banana flavoured milk
- 1 cup tinned peaches



Place strawberry milk, strawberries and one scoop of ice cream in a blender. Blend until smooth and then pour it into a jug. Repeat with banana milk, ice cream and peaches. Pour the two drinks simultaneously into two tall glasses to create a swirled effect.

Calcium 341 mg, energy 1422 kj.

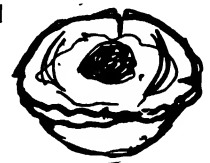
NH & MRC recommended daily calcium intakes:

700mg for 1-3 yr, 800 mg for 4-7 yr, 1200 mg for 12-15 yr boys and 1000 mg for 12-15 yr girls.

EASY EGG PIES

Ingredients:

- 12 slices of wholemeal bread
- 75 g butter
- 12 eggs
- 3 spring onions, chopped
- 1 cup grated cheese
- parsley (for decoration)



Flatten each slice of bread with a rolling pin. Spread both sides of bread with butter and press into muffin tins. Crack an egg in the middle of each muffin bread case. Sprinkle with onion, cheese and paprika. Bake at 180 degrees Celcius for 20 minutes or until the egg has set.

Calcium 129 mg, energy 926 kj.

JOKES

Q: Why didn't the skeleton go to the dance?

A: Because he didn't have any body to dance with.

Q: Why was the skeleton a coward?

A: Because he had no guts.

Q: What would you have if you went to the skeleton's ball?

A: A rattling good time.

Q: Why did the skeleton call his son Napoleon?

A: Because he was made of Boneyparts.



WHILE THE BILLY BOILS

Those people with a spring glut of free-range eggs to deal with will appreciate the pickled egg recipe – sounds like a great antipasto component and should accompany the marinated asparagus beautifully. The fish stew can incorporate almost any vegies you have in the garden, making it endlessly versatile, and so simple to prepare. We hope you enjoy trying these and our other recipes for this issue – the strawberry/ pawpaw dessert especially has our taste buds working overtime here. The ingredients of this dessert, all vitamised together, would make a refreshing drink.

PICKLED EGGS

- 2 tsp roughly crushed black pepper-corns
- 2 tsp roughly crushed allspice berries
- 2 tsp ground ginger
- 1 tsp salt
- 1lt wine or herb vinegar
- 16 small fresh eggs

Place all the seasonings in a piece of muslin and tie into a little bag with string. Pour the vinegar into a saucepan and add the spice bag. Bring to the boil then simmer for 20 minutes in a covered pan. Meanwhile, boil the eggs for at least 10 minutes. Place the cooked eggs in cold water to cool, then carefully remove shells. Divide the eggs between sterilised jars, pour on the cold spiced liquid, making sure the eggs are completely immersed in the liquid, and seal with airtight lids. Leave for one month before opening.

M Lavis, Coominya.

MARINATED ASPARAGUS

- asparagus
- lemon juice
- cracked pepper
- dill, finely chopped

Choose fresh fat asparagus stalks. Place them, one layer thick only, in a microwave fish steamer or similar. Squeeze lemon juice over, sprinkle with about a quarter-cup of water. Sprinkle with cracked pepper and finely chopped dill (use some seeds if you like them). Microwave on high for 4-5 minutes, depending on quantity. Pour liquid from the bottom of the steamer back over the asparagus. Leave to cool. Refrigerate at least overnight. Serve as a starter on a bed of mesclun, or as part of an antipasto.

Nola Lambourne, Ipswich.

COTTAGE CHEESE LOAF

- 500 g cottage cheese
- 1 cup rolled oats
- 2 eggs, beaten
- 1 onion, chopped
- 1 dsp tamari sauce

$\frac{1}{2}$ tsp mixed herbs

Saute onion in oil. Add to other ingredients and mix well. Place in greased loaf casserole dish. Bake at 350°C for 45-55 minutes.

Helen Vann, Toowong.

FISH STEW

- potatoes, peeled and sliced
- onions, chopped
- seasonal vegetables
- parsley or mint
- fish, fillets
- cheese, grated

Into a large saucepan or frypan put a layer of diced potatoes, then a layer of chopped onion, then whatever is in season – tomato and zucchini, or carrot, cauli and peas. Add a little water and cook until not quite done, then add some chopped parsley (mint if you're using peas), or any other herb (basil with tomatoes). Lay fish fillets on top and cook till well done. Grate some cheese on top and pop the lid on for a minute so as the cheese melts. Can also be cooked in the oven in a casserole dish.

Emmie Ramsay, Warooka.



TOFU PIE

- 400 - 500 g tofu
 - $\frac{1}{4}$ cup tomato sauce or relish
 - $\frac{1}{8}$ cup soy sauce
 - $\frac{1}{2}$ cup chopped parsley
 - 1 onion, chopped finely
 - 1 clove garlic, chopped finely
 - 1 cup cornmeal, or $\frac{1}{2}$ corn and $\frac{1}{2}$ oatmeal
 - little ground black pepper, optional
 - $\frac{1}{2}$ cup liquid – water or stock
 - sesame seeds for top, optional
- Mash the tofu with the sauces. Mix in parsley, onion, garlic, meal and

enough liquid to make a moist mixture. Press into an overproof dish, top with sesame seeds and bake in a moderate oven about 20 minutes until firm. Do not overcook.

Joy Williams, Larnook.

LEEK SALAD

- 3 medium leeks
- 150 ml sour cream, or yoghurt
- 3 tbsp cider vinegar
- 1 tsp horseradish cream
- 1 clove garlic, crushed
- 1 tsp raw sugar
- salt and pepper to taste

Peel and trim leeks and wash carefully to remove all grit. Cut into slices and cook in boiling water until tender. Drain them well. Now mix together the remaining ingredients, place the leeks in a serving bowl and pour the sauce over them. Chill in the refrigerator until ready to serve. Garnish with a sprinkle of paprika, or parsley if a milder flavour is preferred.

Graham Hughes, Berwick.

STRAWBERRY PAWPAW SCRUMPCHIE

- 1 lge ripe pawpaw, chopped roughly
- 1 punnet strawberries, washed and hulled
- 300 ml plain yoghurt
- 2 tbsp honey

Place chopped pawpaw in individual dessert bowls, reserving any juice. Keep back one large strawberry per person for decoration. Vitamise remaining strawberries, yoghurt, honey and pawpaw juice till smooth. Pour over pawpaw in bowls. Top each bowl with a reserved strawberry.

Sam Schriever, Ballina.

LOQUAT JELLY

Just cover the fruit with water, and boil until quite tender. Remove half of the stones as the fruit breaks up, or the jelly will be too bitter. Strain and add one cup of sugar to each cup of syrup. Boil quickly for about 25 minutes.

Bertha McDonald, Houghton.

THE ONE-POT REVOLUTION

by Don Eldridge, West End, Qld.

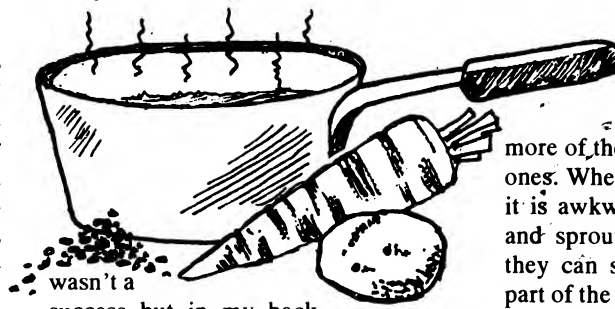
In *The One-Straw Revolution*, Masanobu Fukuoka set out to show how it was possible to grow crops with less labour and increased respect for the soil. In this article I'll try to explain an equivalent outlook on food, showing a simple style of eating basic foods that is time-saving, inexpensive, nutritious, and tasty.

I once used two stainless steel cooking vessels, one a saucepan and the other what I think is called a Dutch oven. In the large pot I used a folding vegetable steamer. What annoyed me was the awkward task of cleaning this contraption. It then occurred to me that, since I was saving the water for use in soups, there was no need to keep the vegetables out of the water. So I threw away the steamer and continued as before, putting the vegetables that needed longer cooking in the bottom, then adding quickly cooked ingredients shortly before the finish.

One drawback was the pot-cleaning that I had to do if I also cooked meat or fish with the vegetables. I decided this was a needless waste of my time, so I bought a smaller pot holding about three litres. I now cook my vegetables for one or two meals (or even three in winter), followed by a soup, then return to the start of the cycle, all without any cleaning, provided the pot is used regularly. When I do clean the pot I don't use detergent. Cooking salt is effective and better for the environment; as well it sterilises the pot, something detergent can't do. Salt is also great for cleaning in and around the sink.

Back around 1970 a Spanish chef in Sydney showed me how to treat a cast iron frying pan. You first gently cook oil in the pan for many hours, so the metal soaks up all the oil it can take. After that nothing sticks to the pan, provided no detergent is used, as the detergent will drag oil out of the metal. This same technique works with woks. If some scrubbing is necessary, use cooking salt.

In a biology course at university I did an experiment to find what was the most practical and hygienic way to wash and dry dishes. My experiment



wasn't a success but in my background reading I found that detergent should only be used if there is fat to be broken down, otherwise it is a waste of money. Cold water is as good as hot. Air-drying, if insects are excluded, is preferable to using a tea towel, as towels spread germs all over the place.

Another reason to avoid detergent is given by Dr Hans Nieper, the German oncologist (his most famous patient was Ronald Reagan). He claims that a thin film of detergent remains behind after washing, rinsing and drying. The detergent may contaminate any food it comes into contact with; this, according to Nieper, will have an unhealthy effect on cell membranes. Whether this is so or not I don't know, but bear in mind that cell membranes have a large fat content and detergent is formulated to attack fat.

SEAWEED SOUP

To illustrate how I go about things, here is a typical cycle. I start by putting a small amount of water in the pot, then I chop up carrots or other vegetables that require long cooking and place them in the bottom. A second layer will be of potato and/or onion, for example. On top I'll put any liver, heart or kidney (I ignore muscle meats) that I have. I then add seaweed and sprouted pigeon peas and start cooking. I've worked out how long it takes to cook these ingredients. About ten minutes before the end, I put in fish or quickly cooked vegetables. Before eating I sprinkle everything liberally with homemade kombucha vinegar, canola or olive oil, and mixed herbs. The end result is both nutritious and delicious.

Often I'll leave the bottom vegetables in the pot to be further cooked and

used in the next meal, as thoroughly cooked carrots, for example, give up more of their beta carotene than do raw ones. When fishing out the ingredients, it is awkward getting all the seaweed and sprouts. This isn't important, as they can stay in the pot and become part of the soup.

The dried seaweed, which costs six dollars per kilogram, provides all the trace elements, many of which are in short supply due to modern farming methods. The pigeon peas have the taste, texture and cooking characteristics of chickpeas but cost only one dollar per kilogram from a produce store. I once read, in an Indian science journal, that pigeon peas are perhaps the most nutritious of the legumes after soybeans. They have an extremely high rate of sprouting, which is an indication of their vitality. I sprout them because this shortens their cooking time, makes them more nutritious and digestible, and also means they leave an alkaline rather than an acid residue after digestion.

Once I'm ready to prepare a soup, I throw in some sprouted brown rice, rice stick, more vegetables, chilli peppers, perhaps more seaweed and pigeon pea sprouts, plus at times some fish or marinated meat. I use these ingredients because I avoid having gluten-containing grains on a regular basis. Someone else easily could use sprouted wheat, for example, which has a delightfully chewy texture.

Once things are cooked, I stir in lots of kombucha vinegar, nuoc mam, curry, heaps of coriander and other odds and ends to liven things up. I found that it is best to leave this to the end for sprouts can resist being cooked properly if the vinegar is introduced too early.

GREEN TEA SOUP

Late in 1996 I moved into an apartment block where there is no compost heap (this should be illegal!). It hurt me having to throw away my fruit and vegetable scraps. It also hurt to heave out the dregs of my jasmine tea (this is

green tea with a tiny amount of dried jasmine in it). I then experimented and found that the tea leaves can be added to the soup without any change in taste. Since green tea is renowned for its anti-cancer properties, I now really get my money's worth, while also helping the environment.

Several years ago Dr Ruth Cilento loaned me her copy of *Fats and Oils*, by Udo Erasmus. The book was so clearly written that for the first time I understood the role the two essential oils, linoleic and linolenic, play in human health. Modern diets have too much linoleic acid, which tends to promote inflammation, and not enough linolenic acid, which has an opposite effect. The only really good plant source of linolenic acid is flax (linseed). Following Dr Cilento's advice, I started using a brand of cold-pressed flax oil that came in a black bottle. (If you ever see cold-pressed oil in a clear bottle, don't waste your money on it, for it will be oxidised and actually harmful for you!)

FLAX SOUP

I was distressed at how much this oil cost, and when I got one bottle that had an acrid taste, a sign of oxidation, I did



Flax Seed

some lateral thinking. I ended up buying a coffee grinder. I now buy flax from a produce merchant for \$1.90 per kilogram and grind it immediately before using. Added to the soup, it imparts a sensuous dimension! The oil is the freshest possible and I've figured out that it is about 20 times cheaper than the inferior bottled version.

Since I began eating freshly ground flax I have noticed a distinct improvement in my memory and, more recently, an end to the pain I had in my feet and legs, even though previously my blood circulation was good. I used to be a printer, which meant long hours standing beside machines. The pain I had in my feet and legs was so bad I had to quit this work. It is only within the past six months that I have been able, for the first time in over 30 years, to stand for extended periods without

pain. I put this down to fabulous flax, as its inclusion is the only major change I've made to my diet. I still find it hard to believe my good fortune.

One-pot cooking is ideal for a single person or a couple as it saves so much time (it is far faster than so-called 'fast' food). It is nutritious, delicious, and there is a much lower chance of food poisoning than with processed foods. Creating your own meals from basic ingredients also puts you in charge of your health, for when you eat the processed foods flogged by supermarkets you can't ever be sure of what you are putting into your body. As well, since such a wide variety of ingredients can be used, you can choose those things that are in season and inexpensive. This makes one-pot cooking possibly the cheapest food you can eat on a regular basis.

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FURNITURE FROM RECYCLED TIMBER

PART THREE

Marketing Your Masterpieces

by Ken Cooper, Murrundi, NSW.

Once you have gained experience and improved your expertise by making some furniture items for yourself, or perhaps for family and close friends (as I described in the previous two issues), you might think of trying to sell your masterpieces. If you first try selling at local markets, and most of us do, start off with products small enough to go in the boot of a car, or at least into the back seat. This makes your goods more attractive to the buyer, it's easier for you to handle them, you'll get more from your supply of wood, and, if your work is good, the cash flow will be better.

Should people want something bigger than a medium-sized coffee table or bedside cabinet they can always order it from you and discuss the proportions and price. This is where you need an order book, with carbon copy. Ask the person to write what they want in the book in their own handwriting, add their name, address and telephone number, work out the price and ask them on the spot for a deposit equal to the price of the materials. Don't even consider buying the material yourself without that deposit, or even make it out of stock. Bitter experience has taught me that if you're starting out, your capital will be tied up in something the person who ordered it may or may not come back for. If they don't, you will have to try to sell it, probably at a reduced price, to get your money back to buy more stock. With the deposit, you only risk your time and labour, and you can afford the wait until the buyer turns up to get it.

CUSTOMERS

Experience will teach you the qualities of various timbers, bitter experience will teach you about the qualities, or lack of them, in your customers. There are the ones who seem to know before they come within coo-ee of the place exactly what timber and fittings you haven't got, and if by chance you have

it, it's the wrong colour or shape. The time-wasters, the ones who order something and don't come back to collect it, the ones who get a quote and then want twice as much done at no extra cost. When you work out the labour part of the job add about ten per cent for alterations. If the customer isn't satisfied with the finish of the product that should be your responsibility. You should ask before you start what finish is required, for instance, French polished, limewashed, raw, rural or bushie. Outdoor furniture made from old slabs and sleepers is popular, but a rough cedar sideboard is a bit overboard! However, you never know about people's preferences.

Start with simple things and make them strong. Mortice, glue and dowel the legs of your tables and cupboard frames. Your orders and prices will improve with your expertise. If you don't have the experience or lathe to turn legs, for instance, find someone who can and pay them to do a good job. Your reputation will rise, he or she will be happy to get the extra work. Tell your customer who did the job, the turner will get more work, and hopefully you will be recommended for jobs the turner doesn't do. The more people involved the more word of mouth. Most importantly, use the right tools for the job and look after them. It's the blunt cutting instrument that will cut you!



After a while you will develop your own style and, hopefully, word of mouth will bring you enough customers to keep you going. But you will find that your sales will improve as the weather warms in the spring and will peak around Christmas. After the Christmas holidays things will slacken off till Easter, then surge a little in autumn. So the best thing I find to do is squirrel away some good timber and use winter to make that extra nice piece of furniture for yourself while you can put all your attention and time into it. If you have any timber left over this a good time to make a few pieces the same as those that sold well last spring.

PRICING

You will need to base your prices on replacement costs. Say Auntie Maggie gives you a heap of timber Uncle Fred had stacked in the shed when he died. Ring around and find the value of it at the demolition yards and price your product on that. Add the cost of your nails, glue, hinges, whatever. Okay, they were in a tin on the shelf for years, but if you mean to continue treat it as capital, because you will have to use your capital to replace it. Keep a note of the time you spent on it and add your wages at a rate that would give you a fair income. Then take a critical look at your finished piece! If you think it will pass muster, seek the opinion of someone in the community who has 'an eye' for such pieces. Local dealer, antique shop owner, someone who has a reputation for having nice furniture – their opinions will be very valuable to you, and you will be showing your wares to 'the trade'. They are not likely to put you down, more likely file you away for future reference. You may even make a sale! In any case, you will learn if you've made the grade, or have something worth taking to a market, or whether you should put it quietly into an auction and hope you will get the price of the timber! It may be an an-

tique if the public taste changes!

A friend or rellie may buy your product out of kindness, to help you along. This is not a good indication and they are generally a 'oncer' anyway. A dealer will try to leave a margin for him/herself, so you will know it is worth say fifty percent more than the offer. The local 'reputation' will offer you, in most cases, a price under that which she could buy it from the dealer's shop. She is your best advertiser because she will want to display it to her friends and most will have similar interests. If they like your work, you are on your way. Who knows, this could lead to the notice of a big city designer, and that, my friend, is an entirely different ball game, believe me.

The total break-even is material plus labour. Treat the labour as negotiable. If the verdict is good, add a percentage to your labour. If it seems fair, leave it.

Keep books for your own sake and enter all your purchases and expenses. Sooner or later someone is going to think you are making a bit of money, whether you are or not, and the Taxation Department is hard to convince you are just breaking even!

The fundamental truth is that all furniture fits into only two categories: a platform to put something on or a box to put something in. The rest is size, shape and application. The big city designer only uses the same tools to design as you do. He may have a wider market, and in that case would introduce you to it. However, he/she would be just another intermediary and would be interested in self-promotion, not yours. His/her main, and sometimes only, talent is to produce the same thing you find in large pats in the paddock where the male of the bovine species grazes. But that, in varying amounts, is what most salesmanship is about.



HEALTH FACTS

FOOD SAFETY

The increasing number of reported food-borne illness cases in Australia has caused much concern within the community. The most common food-borne pathogen reported in Australia is *Campylobacter* and *Salmonella* is the second most common. A new group, the Food Safety Campaign Group (FSCG), has been recently formed to address this situation by informing and educating the public on issues of food safety. It is a partnership between government, industry, consumer and professional bodies. The primary aim is to reduce the number of food-borne illness cases by raising awareness among consumers and food handlers of the need for safe food handling practices. A recent consumer survey showed that many Australians have received no practical advice about safe food handling. The FSCG is currently developing and implementing a coordinated mass communication programme with cleanliness, cross-contamination and temperature control as the key issues.

One of the first educational activities is the first National Food Safety Awareness Week which will be held from the 9th to 15th November, 1997.

FSCG information sheets and a range of brochures are available. Contact: Peter Laidlaw Ph: 02- 9968-0999.

SIDS RISK FACTORS

In 1989, 500 babies died of Sudden Infant Death Syndrome and by 1996 the number had decreased to 220. This improvement has been due to the risk factor awareness programme introduced in 1991.

The things you can do to reduce the

risk according to the National SIDS Council, have recently altered. There are now three ways to reduce the risk of SIDS and they are:

- Put your baby on his/her back to sleep.
- Keep baby smokefree before and after birth. If the mother smokes during pregnancy the risk of SIDS is increased and if both parents smoke the risk is doubled. If the baby is exposed to tobacco smoke after birth the risk of SIDS is increased.
- Keep baby's head uncovered during sleep - no quilts, doonas, duvets, pillows, cot bumpers or soft toys in the cot for the first 12 months and tuck baby's bedclothes in securely.

Other issues people are often concerned about in relation to SIDS and the current National SIDS Council advice are:

- Bedsharing: considered to be a risk when mothers who smoke bedshare, when parents have been drinking or taking other drugs. Also if baby gets covered by pillow or bedding, gets trapped, falls out, or is rolled on.
- Hot/Cold: considered to be a risk if a baby becomes either too hot or too cold. A guide is to dress baby as you would yourself, except if it has a fever.
- Breastfeeding: there is not consistent evidence that a breastfed baby has a lower risk of SIDS although breastfeeding is considered better for a range of other things.
- Immunisation: there is evidence that immunisation is not associated with SIDS.

National SIDS Council of Australia, 1st floor, 891 Burke Rd, Camberwell 3124.
Fax: 03-9813-3099.



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BLOAT AND COW CARE

by June Birkett, Coopernook, NSW.

My husband came running up from the cow paddock calling to me to come outside.

'Whatever is the matter?', I asked looking at his upset face. 'Bossy is dead,' he said flatly. Bossy was our favourite and lead cow in the herd and this information really knocked me sideways.

'Dead! But how?'

'Bloat!', my husband answered with disgust.

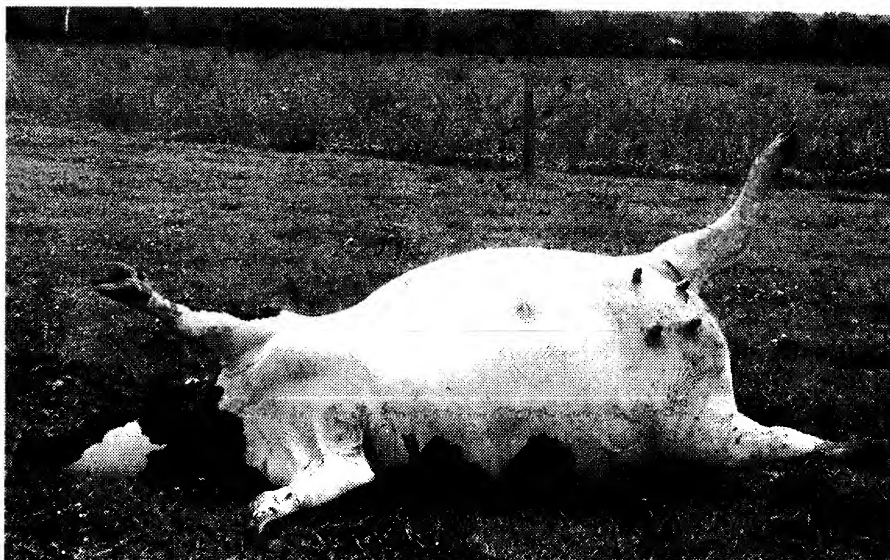
Bloat, that dreaded killer that so many farmers have had first-hand experience with but thankfully, up until this moment, we had not. During our eighteen years of dairy farming we had always managed our pastures carefully and been fortunate enough to have had few problems with bloat. Also, we live on a flood plain and the constant salt from the river flooding is not conducive to clover growth so we had not previously had the paddocks covered in white heads of waving clover as we had this year. Bloat is such a quick and quiet killer that usually the farmer does not know anything is wrong with his cows until it is too late. A stark picture of a bloated cow is not one to forget easily.

'The river bank clover?', I asked as we walked back for me to see her.

'Yes, the clover is so thick and rich there, she is bloated so badly I could hardly recognise her,' my husband said in total disgust.

Our experience of bloat had been only little over the years. Always, when the clover was at its potentially dangerous stage during spring months, our cows were carefully monitored; we would use binoculars just to see if any cows were showing distress. Signs of distress are when a cow looks bloated or over-full, you cannot see her ribs showing as her stomach is so packed out. She most likely will be kicking at her sides, upset and jittery as the gas trapped in her stomach cannot get out. If this condition remains she can die.

As I looked at Bossy's dead carcase on the ground, her feet spreading ever wider, the gas-filled body looked as if a pump was filling her from some invis-



A sight dairy farmers dread, the bloated carcase of a once healthy and productive animal.

ble fitting, I thought of the few cows we had had to treat over the many years. There was Queenie, one Jersey who was in a very bad way. We noticed her extremely distressed condition and gave her 250 millilitres of cooking oil once, then 50 millilitres every hour, three times that day. This treatment resulted in her spraying everything far and wide with liquid manure and the sound of breaking gas was remarkable. It was necessary to treat and watch her for some hours before allowing her back to the pasture, then for the next few days she was given 50 millilitres of oil in her meal.

A preventative measure when sowing pasture is to use a 50/50 makeup of clover and rye or other mixed grasses. Avoid using red clover. Pasture can be sprayed, with pasture Bloat Oil, a refined petroleum product, for prevention of bloat but this is a costly measure.

We plant only white clover when seeding, for obvious reasons.

'I thought our clover had enough rye in it to be safe,' I commented.

'Then it goes to show, clover is never safe, because we have lost Bossy, haven't we?', husband pointed out. 'You will have to go to town and get some pasture oil. Hang the expense; we need to spray the clover.'

When the clover head dies off the

clover loses its potency and becomes safe for the cows to eat. Clover of course encourages extremely plentiful milk production which is every farmer's dream. The next morning I went to the local fuel dealer and we spent the next few hours spraying the clover to render it reasonably safe. However, cows grazing on clover will always need to be watched as prevention is better than cure.

'Well hopefully the clover is safe, too bad Bossy had to go,' husband sighed. 'But it could have been a good deal worse and we could have lost up to half a dozen, as Jack down the road did in one morning.'

Poor Bossy was dragged over to the back paddock and put to the torch.

FOR SALE

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BLOAT AN ORGANIC APPROACH

by Pat Coleby, Maldon, Vic.

Bloat is a sign of a sick farm, the cause being an imbalance of potassium, magnesium, sulphur and boron. If the land has been farmed organically and re-mineralised it will not occur. The stands of solid clover that so often cause bloat only grow on unbalanced over fertilised and undermineralised soil.

If an animal is only mildly bloated, a drench of about a litre of cooking oil (not liquid paraffin) will help lubricate the insides so some of the wind can be dissipated from one end or the other. The oil drench should be followed by enforced exercise, and another drench of a tablespoon of dolomite and the same of seaweed in about half a litre of cider vinegar (do not try to put that mixture through a drenching gun, shake it up in a bottle and pour it in). However, if the bloat is acute and the animal is down, it will be necessary to release the gas. If this is not done the pressure will build up to the point where the beast suffocates and/or the organs cannot function. The gas is released with a pointed knife or a trokar: the latter is a sharp hollow instrument that allows the gas to escape. The gut should be pierced on the left side about a hands-width behind the last rib, halfway down the side. If using a sharp knife, insert it, and twist slightly, the gas will come out very fast. Only put the knife or whatever in just as far as is needed to release the pressure. Be sure to disinfect the opening before and afterwards. Another drench of seaweed meal and cider vinegar will help the animal recover. An injection of 20cc vitamin C would also be a good safeguard.

This is an extract from Pat Coleby's *Healthy Land for Healthy Cattle*; see page 82 for details.

BRITISH WHITE CATTLE

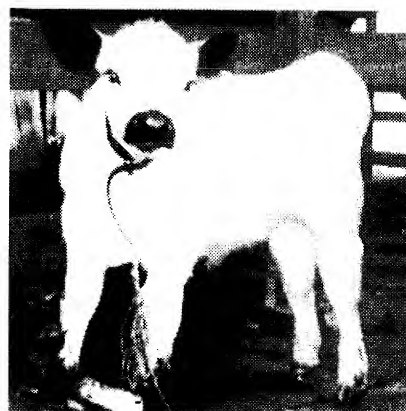
Update

by Ernie Claire, Caboolture, Qld.

When we published a story in GR 91 about British White Cattle the breed society was inundated with calls from interested readers. We thought it would be appropriate to look at the breed's situation five years down the track.

Apart from their obviously appealing looks the British White breed has many attractive characteristics. They are great foragers, being able to maintain body weight and raise calves on quite low grade pastures. They produce high quality beef. Cows have excellent mothering instincts, calving easily and, in a herd situation, having a protective nursery system to guard calves. A high degree of heat tolerance, coupled with good resistance to tuberculosis and viral pneumonia, make health problems a rarity. Their quiet temperament makes them easy to handle, a plus for smallholders and people inexperienced in handling animals.

There are now over forty members of the breed society and British Whites can be found in most states, with over 400 head registered in the society's herd book and a further 1000 head in commercial herds. Semen is readily available through the breed society and several AI centres at from ten to thirty dollars per straw. Both bulls and cows can be purchased from \$2500 upwards, depending on the age and quality of the animal. Semen from the United States is currently available to breed society members only.



Contact

Enquiries and new members are welcome. Contact: Ernie Claire, Vice President, British White Cattle Society, PO Box 546, Caboolture 4510.



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THE PIGEON PEA

by Michael Dodel, Repton, NSW.

Rarely does a crop offer as much diversity and potential as the pigeon pea! It's a leguminous plant that provides nutritious food, green manure, shelter, thatching material, firewood, stock fodder and mulch, while at the same time working as a windbreak, erosion control plant, cover crop and pioneer species, plus it replenishes the soil and organically increases the water penetration. Such a plant might appear to belong to the realms of fairy tale, but this is far from the case. The pigeon pea (*Cajanus cajan*) is capable of doing exactly all that!

Pigeon peas are indigenous to tropical and subtropical Africa and it is believed that they were first cultivated in Madagascar, then made their way to India and China where they have been in cultivation for more than 4000 years.

The plant is a woody, short-lived perennial shrub, two to four metres tall, sometimes grown as an annual. Some early types (cvs. *flavus*) require six months to reach maturity, others (cvs. *bicolour*) about ten months.

Pigeon peas show a wide adaptability in regard to climate and soil. They are drought resistant but will not tolerate waterlogging. They have a pronounced deep tap root and flowering extends over several months (March-August). The fruit is a flattened pod containing three to eight seeds. Heavy frost will kill the plant and the growth seems to decline above 40°Celsius.

SOIL IMPROVEMENT

Pigeon pea cultivation will improve the land and replenish essential nitrates. The plant roots host bacteria which absorb nitrogen from the air and convert it into soluble nitrates. Grown as a crop the plants provide about 40 kilograms of nitrates per hectare for the next crop, which could wean farmers away from expensive, chemical fertilisers.

Pigeon pea roots also help to recycle phosphate nutrients from deep in the soil. A unique characteristic of the pigeon pea is that its roots shed piscidic acid, a chemical which dissolves iron-phosphates in the soil, making it possible for the plant to absorb this nutrient

through its roots. The structure of the soil is improved because the deep roots bore channels into the ground, thus increasing the infiltration of water for subsequent crops. As a green manure pigeon peas produce an enormous amount of nutrient-rich organic matter.

Because of their quick growth habit pigeon peas are widely used for windbreak and anti-erosion plantings. They also make an excellent cover crop for plants like coffee and cocoa. It is a prolific pioneer species in many conditions.

The tops of fruiting plants provide protein-rich stock fodder and are also made into hay and silage. In India the dried stalks are used for thatching and baskets. The thick woody stock of pigeon peas makes valuable firewood, it being estimated that one hectare of pigeon peas gives a family a significant part of its wood fuel requirements, which could ease the pressure on forests and woodlots.

The pigeon pea is also an unusual nutritious food! The pea contains more minerals and ten times more fat than

ordinary peas, as well as five times more vitamin A and three times more vitamin C. It has a protein content of up to 30 percent. The young green seeds can be eaten as a vegetable while the ripe dry seeds are boiled and eaten as a pulse. In India these are dried and split and made into dhal (see recipe).

As a medicinal benefit pigeon pea leaves, used as a tea, are said to be beneficial in cases of internal bleeding. The leaves can also be included with the clothes when washing as they have detergent properties.

The pigeon pea is a true multipurpose plant and deserves a place in any permaculture system, farming enterprise or smaller backyard garden. It can be grown as single, scattered plants on the property, as a main crop, or in mixed cultivation with sorghum, millet, cassava, maize and other crops.

The crop is grown from seeds planted in situ and the spacing will depend upon the purpose for which the crop is grown. In a pure stand the spacing used varies from 50 - 150 cm by 20 - 100 cm. Fertilisers are not needed as



The versatile pigeon pea is a crop we are likely to see more of in the future. It is a food for people and animals, a mulch and soil conditioner.

pigeon peas appear to give little or no response.

Planting should be done in early spring, but can be commenced into summer. The advantage of early planting is that the pigeon peas will germinate with only a minimum of water, which should not be enough to get weeds and grasses started. The pigeon peas will quickly outgrow and later outshade any other plants and the weed problem is eliminated. Pigeon peas like heat and direct sunlight, and, during the winter months, it is possible to grow broad beans up along their stalks.

The crop can be continued for three to four years, or may be ratooned (where a new shoot grows from near the root or crown of the mature plant), as is done for green manure or fodder. As a pulse crop the yields usually drop off after the first year and it is best treated as an annual. The yield per plant is about one kilogram of green pods or about 400 grams of dried seeds. Due to pigeon peas' low water requirements no irrigation is needed. They will achieve good growth even under semi-arid conditions with less than 600 mm of rain per year.

PESTS AND PROBLEMS

In Australia parrots and cockatoos are capable of causing minor damage to a crop. The birds like to eat the seeds, but they seem to prefer native seeds such as those from acacia species which are flowering and setting pods at the same time.

A potentially bigger problem is the budworm (*Helicoverpa armigera*). This larvae of some members of the moth family Noctuidae feed on the developing seeds in the pod, and are capable of



destroying a considerable percentage of the yield. This caterpillar should be controlled right through the pod-setting period, if possible by hand-picking. If more than one caterpillar per two plants is found, spraying with a bio-insecticide, should be considered. Dipel can be used, which is to be mixed with water, making sure the undersides of the leaves are sprayed. Late spraying might be in vain as the feeding larvae cannot be reached in the pods. The numbers of this caterpillar seem to increase with higher rainfall.

During the time of flowering the crop might become infested by borers. However, in frost-free to low frost areas the cultivation of pigeon peas is bound to be successful, because described pests are not likely to occur in high numbers and usually can be controlled by hand-picking alone.

OUTLOOK

Today most pigeon peas are grown by small farming families. In countries such as India, Pakistan, Trinidad, Puerto Rico, Congo and Kenya the pea is quickly developing into a small income-support crop. It is starting to attract attention from European countries, England for example is importing the vegetable from Kenya.

Pigeon peas are self and cross compatible and only the two previously mentioned botanical varieties have been recognised. In India, however, a lot of research is underway in regard to classification, hybridisation and selection. The main aim of this research is to increase the yield per acre and the ICAR (Indian Council of Agricultural Research) estimates that the yield can be improved by a further 40 percent.

Good news for the backyard gardener is the development of another cultivar which will bear heavily over a prolonged period. This will make it possible to have fresh seeds almost all year round.

It is estimated that worldwide about 5,000,000 hectares are under pigeon pea cultivation, an area which is likely to increase sharply once the multiple benefits of this plant are more widely understood and recognised. Pigeon peas have a great potential and it is a crop we are likely to see more of in the future.

DHAL RECIPE

While travelling across India I have learned two ways of preparing dhal: the wet and the dry method. For the dry method the dry seeds are placed in the sun for three days and then split. This process is repeated three times until the pulse is powdery. Then it is cleaned by repeated winnowing and sieving, before it is treated with sesame oil to preserve its quality until used. For the wet method the seeds are soaked in water overnight, then mixed with red clay for a few hours. They are then dried in the sun, after which the clay is removed by sieving and the seeds are finally split into dhal. Again the split seeds are cleaned and treated as above.

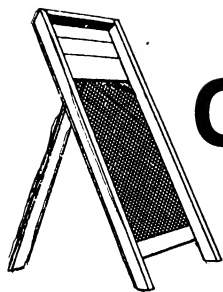
References

- Tropical Crops*, J W Purseglove, 1968, page 236-241.
- New Scientist* magazine, 29 April 1995, pages 27-29.
- What Pest Is That?*, J McMaugh, 1985.
- Permaculture, A Designers' Manual*, B Mollison, 1988.

Lifecycle of Pigeon Pea

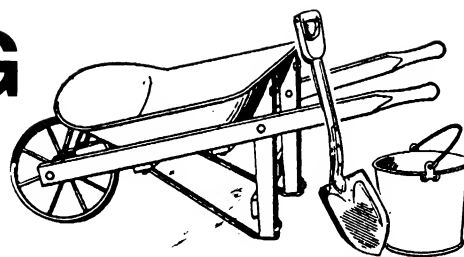
	First Year	Second Year
Planting	October - March	
Flowering - grow beans up stalks	March - September	February - September
Nitrogen fixing - green manure	June - - - - -	- - - - - October - November
Pick seeds	April - September	May - Oct/November
Dry & store	September - - - - -	February
Firewood		May - Oct/November
Pest (Heliothis active)	June - - - - -	- - - - - January
Pest control	July - - - - -	- - - - - February
Leaf for medicine or as diswashing detergent	May - - - - -	- - - - - October/November

Note: '- - - - -' means 'through to'



HOME CONCRETING

by Ray Taylor, Ludmilla, NT.



This article is orientated towards those GR readers who would like to do away with gravel, stone, mud, grass and sand areas and who are prepared to spread the task leisurely over a period of time and take pains with their work.

PLANNING

Plan the job well in advance and acquire all the necessary gear before beginning work.

- Premix (sand and gravel): obtain with your own trailer.
- Cement: shop around for best buy.
- Boxing: collect bits of wood you have.
- Water: container and garden hose.
- Tools: shovel, pick, trowel, level, rag, bucket, soft broom, wheelbarrow.
- Fill (rubble): collect glass bottles, rocks etc.
- Oil: used, motor.

PREPARATION

An area about card table size is most

suitable to begin with. Remove the top 10-15 centimetres of soil.

Use old scraps of wood for boxing (formwork). Hold them in place with bricks, stones or pegs. Pound the surface area with feet and/or a rammer. Spread evenly your already collected rubble. Fill in small spaces with pebbles or other fine rubble and leave it to settle for some days. Watering it down can help the rubble to settle. Check and recheck for level and add or remove rubble as necessary. A level surface at this stage will make the concreting easier and reduce the possibility of an uneven finish.

Take a few days to be mentally prepared for the next step. Talk to mature men who have had experience with concreting. Listen to all, but recheck their opinions.

CONCRETING STARTS

Use a ratio of six parts of sand to one part of cement.

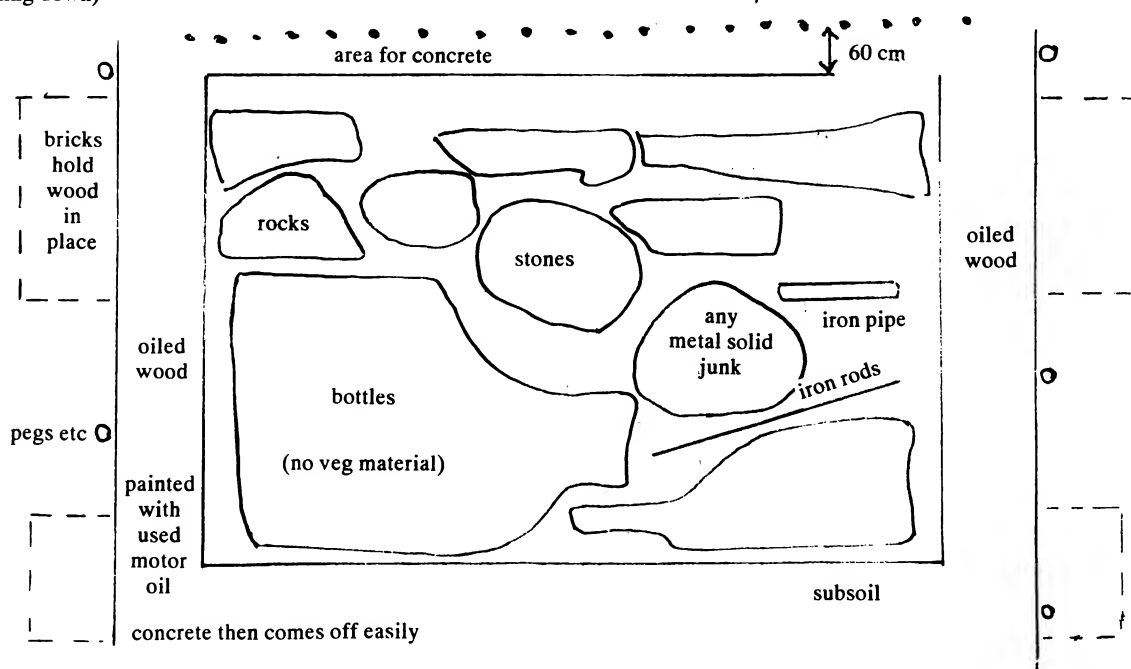
- Six shovelfuls sand into barrow.
- One shovelful cement.
- Mix well, dry.
- Add water till a firm porridge on mixing.
- Pour into boxed area and vibrate and poke.
- Screed off and later broom.
- Cover with wet sacks or old carpet the next day.

Tips

Use a pick as well as a shovel to mix in the barrow. Try to get a helper to add water while you mix. Place the shovelfuls of mixed concrete against boxing and prod well to aid its consolidation. Screed frequently with a length of 50x100 mm timber so your level is right. When all the card table area is occupied, run something along all edges.

Wash spade, trowel and level with an old cloth in water. Keep dog off. Place small broad planks on area if you wish to stand on the wet sacks the next day.

Path Construction (looking down)



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Now is the biggest strain; you have done all the hard mental and physical work, but folk won't see that, the surface is what they will see so stay hard at it, after a cup of tea and a chat. Estimate the time to lightly broom the surface (possibly half an hour), so it is nonslip. Go over the edges again and again as you see the time is right. Have an already chosen area to put surplus mixed concrete every time you do a square.

Next day cover with wet sacks and leave for a month or more, keeping sacks wet, to cure. This will result in extra hardening, as concrete uses water to set. Take six months if practicable for this.

Carefully remove the boxing after a day or two and replace it ready for the next square. Meantime you have gathered more rubble and prepared the next area to pour. Glass bottles make good rubble. Scout bottle drives and bottle collectors have reject bottles. Demolition sites love you to fill your trailer, after hours, free. I hand pick my sizes.

If an old sheet of plastic is available, place some of this at the bottom of each card table square if you live in a wet area and think that the yearly moisture variation may crack the concrete.

To minimise lifting, have cement, premix and water as close as practicable to work area. Do it all your own individual way. Try making a hopscotch or a checkerboard pattern. Find out inexpensive colour material to mix in. A depth of concrete 25-38 mm thick is adequate for pedestrians and cars, especially if you use the bonus water cure and your site is well prepared and consolidated.

Concrete work is enjoyable and creative and you can soon receive the satisfaction of your labours. Listen to all



Ray mixing concrete for a path. All materials close to hand so the job flows.

for tips, test them on the next square, get curious bystanders to help you mix, water and screed. Take with a grain of salt all those who offer to help; wait till they turn up in working togs. It's really just basically playing mud pies and we big men are just little boys at heart and love playing pies.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

GROWING GRAINS

Consider growing grains such as wheat, oats and barley in your home garden as wind barrier material to protect vulnerable seedlings. When the seedlings have grown and are able to support themselves, the grains can be used for compost or left to mature and use for baking bread and such.



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BUILDING 'THE COOCH HOUSE'

by Pamela Odijk
photography by Herman Odijk.



We bought our Mt Morgan property with a 'just begun' house on it through the Grassfieds in *Grass Roots* some years ago. It sat amid 14 acres of organic orchard – primarily macadamias, pecans, mangos, pawpaws and other tropical fruit, which we soon extended to include vegetables and an asparagus crop. We had two blocks (two deeds) separated by a band of rainforest and a creek (headwaters of the Dee River) which was home to a myriad of wildlife. There were two dams, a freshwater well, and a bore (to which we installed an RO water purification plant to supply the house and orchard with unlimited pure water). We were the property's third owners. The first owner had planted the orchard many years ago. The second owners had begun the house.

When we took over, the house frame had been built using recycled timber, exterior Colorbond walls (in a variety of colours) had been fixed to the frame, windows and insect screens were in,

the bathroom was finished and tiled, and there was a galvanised iron roof over our heads. There was no guttering, internal walls or cupboards. In many respects it more resembled a two-storey tin shed than a house, but it was liveable and had potential so we took on the challenge. Everyone else thought we were mad!

Herman had acquired some carpentry skills as a teenager in his native Holland and these skills had been put to good use on our previous and first property where he built a verandah, a carport and a covered pergola area to connect our split log cottage to a prefabricated work studio. (Herman has also built much of our furniture.) But before that, we both had city careers and tertiary education. So there we were – middle-aged, middle-class, middle-brow grandparents, with qualifications quite irrelevant to the task, and who had never built a house before, getting ready to do just that!

Although building the new house

was at the top of our agenda, we also needed to manage, upgrade and extend the property, in addition to seeing all our teaching, writing and studying commitments through. We managed to do all this and within one year the house was completely finished with internal walls, built-in cupboards, guttering and 3600 mm wide verandahs around three sides of the house, thereby extending our living area by another 95 square metres. And more importantly, it didn't break the bank!

Apart from having a registered builder pour the stumps for the verandahs, Herman did the rest, with me as his assistant.

BUILDING PROGRAMME

Have Electricity Connected

The previous owner had installed some solar lights and a solar hot water system (which also worked via the slow combustion stove), but their generator had provided their other needs. We wanted the power connected, and, al-

though we had arranged this three months prior to our arrival from interstate, we still had a two-month wait. To prepare the way for the electrician we were required to erect some internal walls. Without power tools or our own generator, this was no easy task, but it was completed on time, not, however, without mishap. Herman managed to cut the top off one of his thumbs. Luckily, first-aid knowledge came to the rescue ensuring that no stitches were required.

Construct Internal Walls

Once we could use power tools we set about putting up the rest of the internal walls. It was by then winter time and 40 kilometres inland from Rockhampton at the top of the Mount Morgan Range, the winter nights can be cold and frosty. We needed lined, insulated walls for warmth as well as for other practical reasons.

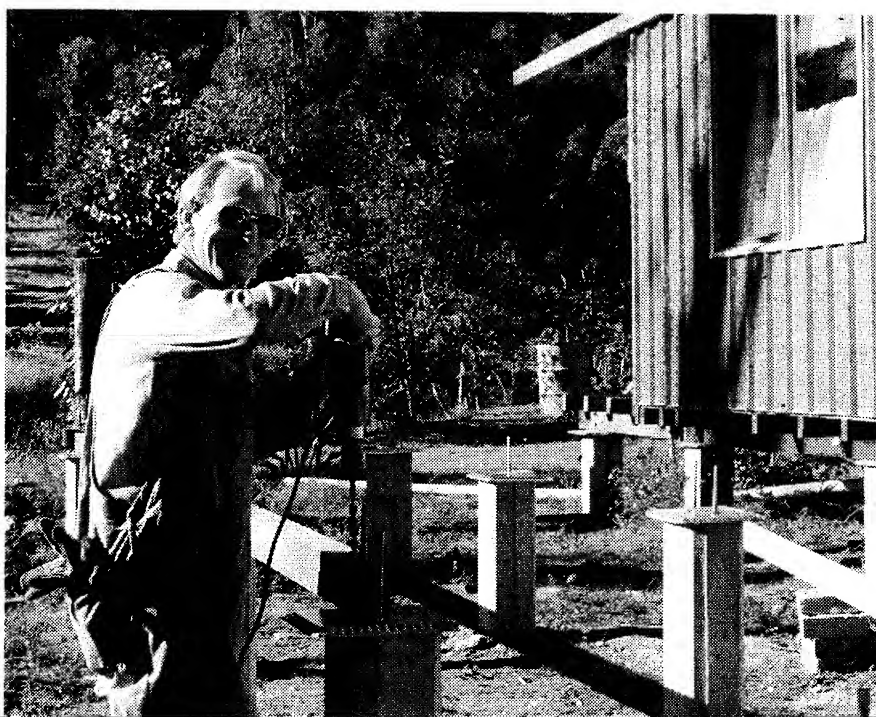
For internal walls we used Vergilux sheeting and fibreglass insulation. It took 75 large sheets (2400 x 1200 mm), none of which could be put in place uncut because of the many doorways, windows and gables. The recycled timber which had been used for the house frame provided us with many headaches, frayed tempers and bent nails. The frame was also out of alignment in some places because the timber used was of various thicknesses, so constant adjustments had to be made to ensure that walls ran level.

Joins in the sheeting were covered with Poly Gap Sealant and the walls sealed with Acrylic Wallboard Sealer before being painted with two coats of beige paint throughout.

While the internal walls were being constructed and useful items such as kitchen benches, stove tops and the electric wall oven were being built in by Herman (then wired in by the electrician), a registered builder was hired to put the 1200 mm concrete stumps in place for the verandah. We considered that stumping and levelling were not jobs for we amateurs.

Stumps and Levels for Verandah

This was the builder's job and it was done quickly and well. However, he was a little bemused by our decision to leave a rather splendid tree where it stood, and to build the back verandah around it. (Cooch from Footrot Flats is not the only one with a tree growing through his roof!)



Herman at work on the verandah of 'The Cooch House'.

The builder also gave us some basic instruction as to where and how to place the bearers, provided advice about the best kind of timber to buy for the verandah, and, more importantly, showed us where to begin! We followed his much-appreciated advice implicitly.

The delivery truck finally arrived, unloaded its consignment and we then began building the verandahs.

Bolt the Verandah Load-Bearing Beam (Cleat) to the House Frame

This proved to be difficult. Bolts needed to be placed through the frame of the house (on three sides) from the inside to the outside, and also through this load-bearing beam (dressed hardwood 100 x 50 mm) as this would finally support the verandah roof. Bolt holes 400 mm apart were drilled through the frame with a long drillbit – no easy task because of the hardened, recycled timber. Tools used were a 20 mm Makita hammer drill and a 12 mm drillbit 360 mm long.

Because my husband is married to a woman and not a crane, hoisting the cleat up the sides of the house so it could be bolted into place, posed another problem. Finally, we 'invented' a pulley (built from an old motorbike wheel), to hoist the timber at one end, and the timber was placed so it could rest on a ladder positioned at its opposite end, and hence be gradually lifted

into position. This worked well.

Paint All External Walls the Same Colour

As the house had been begun using recycled and leftover materials, we had multicoloured external walls: brown, green, white, pink and silver! Brown had a slight majority and was also an environmentally friendly colour, so we took an offcut to a paint barn and had them match the colour exactly. We progressively painted the external walls in advance of each section of verandah being built, which avoided possible later paint spills on the grooved verandah boards.

Lay Bearers for the Verandah

Herman laid the main bearers (dressed hardwood 100 x 75 mm) in the way the builder had said, and bolted them in place. Over these went the main verandah floor supports (dressed hardwood 75 x 50 mm) which were also bolted and strapped to the bearers, using 30 mm strapping bought on 25 metre rolls and cut to convenient lengths.

Construct the Rest of the Verandah Frame

This included the corner posts, side posts, main and secondary roof bearers. Dressed timber was used and given two coats of exterior Estapol as soon as it was in place so the timber would not discolour.

The posts were of dressed hardwood

100 x 100 mm, the main bearers being 250 x 50 mm and the secondary roof supports of dressed hardwood 75 x 50 mm. These were securely strapped in place with metal strapping at every second cross-join. Seeing as the roof didn't work loose anywhere in spite of Cyclone Joy and Cyclone Fran it is guaranteed secure!

Nail Verandah Floorboards in Place

Grooved, nonslip boards, suggested by the builder, were used for the verandah flooring. These were slightly more expensive than ordinary boards, but are safer, especially when wet, and are much more attractive than plain boards. As each section of flooring was laid, it was stained with a mixture of 75% turps and 25% linseed oil. This was spread over the surface with a clean hair broom and allowed to dry thoroughly.

Construct Verandah Roof

The verandah roof was built as quickly as possible once the flooring was in place. Galvanised iron for the roof was ordered to length and fixed in place with 50 x 14 type 17 screws (not nails – they eventually work loose).

Make Shadecloth Blinds

As each floor and roof section was put in place we enjoyed our extended living area. I love verandahs! To block out the sun, but not the breezes or view, I made roll-up blinds of shadecloth. (A photograph of one of these appeared in my article in GR 89, p33.) These were hemmed at the side, top and bottom. Through the top and bottom hems, pieces of leftover skirting board were inserted. Cup hooks screwed through the shadecloth blinds, attached to two more cup hooks screwed into the wide top verandah bearer, keep the blinds in place. They could be easily rolled up (and secured with leather straps) and down as needed.

Have Guttering Made

Guttering the same colour as the house, was made to measure by a local firm. Herman fixed the guttering to the verandah roof supports. Polythene pipe (100 mm) to carry the water into a new 22,000 litre tank was also put in place, being suspended from the roof and verandah supports using 30 mm strapping.

Build New Toilet at End Of Verandah

Up until then we had had to contend with a dunny up the back plus a portable self-flushing caravan toilet (for use at night and when my courage to face the dunny up the back completely failed).

The verandah height (1200 mm) proved to be an advantage, giving a good 'fall' to the septic tank which had been installed (by a hired expert) some distance from the house. The toilet was in fact outside the house on the verandah, which I preferred. The dunny up the back began a new career as a woodshed. The original owner had intended closing in these verandahs to create more rooms, but we preferred the open verandahs.

Line Ceiling Of The House

All this time we had been trying to ignore the silver-paper ceiling. In the main living area, there was a height of 2880 mm from the floor to the peak of the gables, so this made it too high for only the two of us to hoist heavy lining sheets into place, and we did not want to lower the ceiling. The gables and exposed beams gave the place character. Inspired by having seen a ceiling of tomato stakes featured in a trendy overseas architectural magazine, we hit on an equally practical, decorative, lighter and possibly even cheaper lining. We used fence palings! These were cut to size and painted with (dark brown) fence paint before being nailed into

place. Holes were drilled for the nails, and we used 10 nails for each paling to ensure they would not sag. Ceilings in all rooms were done this way.

Finally it was finished! We were pleased with our efforts. We created an attractive, functional and environmentally compatible house – very different and, we think better, than any of the suburban homes we had lived in in Brisbane or Sydney. And because we did all the construction (except for the stumps) and painting ourselves, the project was very satisfying. Mind you, some of the experience gained in climbing ladders and swinging around beams ought to qualify us for a job in any circus!

Best of all, the house was completed for a total cost of \$9800 – excluding the cost of the necessary tools.

We asked our helpful builder to come and have a look at it when it was all finished. He was quite impressed and gave it his stamp of approval. However, I secretly thought that he was a little surprised that we had managed to do it, and still a little nonplussed about the tree growing up through the verandah. Naturally enough, we called our place 'The Cooch House'.

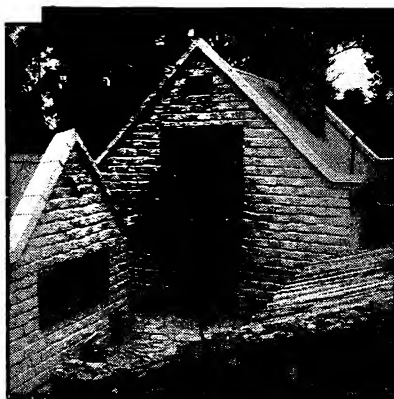


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ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

CHEESE-MAKING KIT

Historically, cheese was commonly made by small farmers and dairy maids but today we seem to think it's only the big cheese companies that can do it. Sensing people were amazed that individuals could make cheese, Junette Loraine developed a kit based on the things she used when making cheeses. The kit is a system that produces a fine soft cheese and minimises the chance of foreign bacteria interfering with the process. The basic kit, Coulommiers Cheese Kit, is available for \$149 plus p&p. It contains all the necessary equipment plus enough cultures and rennet to make 16 cheeses. The extension kit for a more developed soft cheese, Camembert, is available for \$70 and it contains all of the additional equipment required plus the special culture. Additional rennet and cultures can then be supplied. A telephone advisory service is available for customers with questions or problems. A kit system for making hard cheeses (gouda, cheddar etc) is currently being developed.

Contact: Junette Loraine Fine Foods, PO Box 87 140, Auckland 1130. Ph: 09-379-7834.



LAUNDRY DISKS STONES AND GLOBES

A product that has been on the market for a while and continues to appear in various forms with various brand names is the ionised laundry disk (or stone or globe). Two of those currently available are Cleanmaster stones by Cleanmaster and The Laundry Solution (or The Globe) by Tradenet. They are based on the concept of alteration of the ionic composition of wash water, thus allowing dirt to be dislodged from fabric and flushed away with the water. The benefits of these products over conventional laundry products are numerous: relief for people with skin allergies and chemical sensitivities, cleaner grey water, less water usage, less wear and tear on washing machines, gentler on clothing. The different types/brands do vary in shape, size, number, material, composition, lifespan, price. The Cleanmaster product is two stones (365 washes), \$59.95 plus p&p. The Laundry Solution product is one globe (3000 washes), \$150 per globe plus p&p and comes with a 2 month money back guarantee.

**Contact: Cleantec Free call 1800-646-323.
Laundry Solution Katja Marjanen 06-242-7126.**

AMNESTY INTERNATIONAL SUMMER CATALOGUE 1997/98

This catalogue has a great range of gift ideas from world music CDs to T-shirts with Picasso's Amnesty dove image. Remember Amnesty International works to prevent violations by governments of people's fundamental human rights and is financed by subscription, donations and fund raisers such as this - no funds are sought or accepted from governments.

Readers can obtain a free catalogue by phoning 1800-257-130.

ORGANIC FARM SPRAYS

Pest-X makes a range of organic sprays and related products to help farmers get rid of the pests that damage crops and livestock. Its aim is to produce products that are effective, economical and organic (each ingredient certified as such where possible). There are 32 products in the company's range and they each target particular types of pest. Products include Garl-X to repel most flying insects, Euc-X to repel and disinfect for fly strike, cattle tick etc, Fung-X for many plant fungal diseases, and many other emulsions, oils and tonics. An array of beneficial insects will also be available soon. The company mostly sells its highly concentrated products in large quantities directly to farmers but they can be modified for smaller properties by arrangement.

**Contact: Matthew Corbett, Pest-X Pty Ltd.
Ph: 03-5341-8461 or, 019-163-044.**

NATURAL FIRE

It is so frustrating when you need to get a fire going and it just won't! A range of natural fire starters is available to help. They are made of 100% natural plant materials and are pharmaceutically pure. The manufacturers assure us that no trees are cut to make these products. Exterior packaging is a natural gas derivative with food glue, recycled paper and soybean based inks. The products within the range are for different types of fires: universal starters for fireplaces, stoves etc; aromatic charcoal starters for barbecues; wet wood starters for campfires and complete cooking fires in 25 minute and 45 minute sizes. The complete cooking fires eliminate the need to build a fire or carry stoves and gas and propane. They are biodegradable, water-resistant and have a long-term shelflife. The products are available by mail order - universal starter packs, aromatic charcoal starter packs and campfire starter packs are available for \$2.95 each and complete campfires are \$4.95 and \$5.95 (plus p&p).

**Contact: Simon Murphy, Nature's Fire.
Ph/fax: 03-9499-9164.**

BIOGEST - Wild Yam cream

For 50 years scientists have used wild yam extracts as the raw materials for the laboratory synthesis of progesterone and other steroid hormones. Now it seems the body itself may be able to use the same raw materials to synthesise hormones including progesterone. BioGest's formula supports the conversion of diosgenin from wild yam into progesterone. The theory is that restoration of the balance between progesterone and oestrogen will help the symptoms of premenstrual syndrome and menopause. To further stimulate the biochemical conversion of wild yam to progesterone, BioGest contains a range of homeopathics, essential oils, nutrients and vitamin E. All of the product's ingredients are natural and easily absorbed through the skin.

**Contact: Wild Medicine P/L, 141 Powlett St,
East Melbourne 3002. Ph: 03-9486-0230.**

RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

'Every time I think of a re-use for something I kick myself for not thinking of it sooner.'

I don't know how many trees have to be cut down before we realise that our resources are going to run out and at best there will be a few tribes wandering the deserts of the planet looking for wild tom cats to eat some day in the future. Every time anyone thinks of a recycling trick it helps our world. Everytime I think of a re-use for something I kick myself for not thinking of it sooner. Milk cartons are a strong little box and boy don't we love chucking those away. There must be hundreds of ways to re-use these beauties. One I've already written about in GR 118, more later in this article.

We have a *huge* quantity of reusable packaging under our noses – that we have paid for, don't forget – far more packaging than at any previous time in history. I think an average of ten percent of the cost of most things we buy is due to fancy packaging or presentation and advertising costs. That's a lot of wasted money for things that we didn't need in the first place.

Objects such as used car tyres, plastic bottles of all sizes and shapes, old TV sets, could all have a second use quite different from their intended original use. However, a word of caution to kids and adults alike: don't touch anything electrical you intend to recycle unless it is *unplugged*. I couldn't believe a friend who paid \$4 for an old metal-cased angle grinder from the friendly local tip's recycling facilitator. He just brought it home, plugged it in and, still holding it in one hand, standing on concrete with bare feet, he casually turned it on and *geronimo!* It could have just as easily been *zappo!*

There should be a national yearly competition for recycling ideas, but getting a sponsor may be a problem. As recyclers are still viewed by some commercial concerns as pariahs. Years ago in Hornsby I remember visiting the local wrecking yard for a car part for my VW beetle. The owner took me out the back where two hired hands were

systematically attacking a VW body shell with an axe and a pick. Before the owner could stop them, the part I wanted was trashed in a second. I asked the owner why. He explained that he did it to all car parts he took to the tip so as the 'parasites of society' couldn't use them. What he didn't know was that I would have given him a very good price for that completely rust-free body shell and I wouldn't have been alone. I never bought anything from him again for being so miserable and mean, antisocial and unecological into the bargain. I guess he had his priorities and values and I had mine.

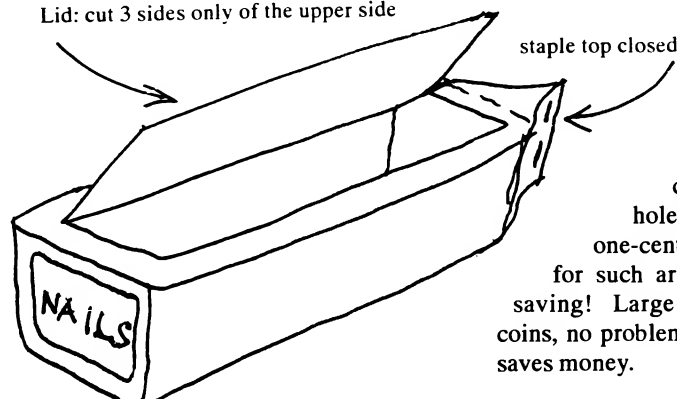
RECYCLING IDEAS

Milk Cartons

Water-based paints can't be kept for too long in metal tins as the metal soon rusts and discolours the paint. After the initial opening I decant the paint into several milk cartons then seal the top edges of the cartons with contact adhesive and label the cartons.

To protect fruit trees such as figs, stone fruit and mangos from goats, foxes, bats, crows and other birds, I open the top of a carton right up, pass it over the fruit then close it up and staple the top flaps together. It's a lot easier than brown paper bags closed with rubber bands. It may also work on tomato fruit to reduce grub attacks, but, I haven't tried it yet; the neighbours' goats ate the whole lot.

Lid: cut 3 sides only of the upper side



Lay the carton on its side and cut through three sides. Staple the top closed and you now have a handy, strong, stackable container for nails, screws, pins, anything.

Tissue Boxes

What on earth could you use empty facial tissue boxes for? I'm convinced anything can be usefully recycled. Empty tissue boxes make excellent filing system boxes. Just 'post' the business cards, receipts, bills through the ready-made post-box slit. To get them out when you need to retrieve them cut around three sides of the box top with a hobby knife at least 15 mm in from the edges. You now have an access door. Label clearly.

Carpet

Huge amounts of new carpet offcuts are wasted. Ten-centimetre wide strips are very good when cut to shape and used as inner soles for shoes and boots; they warm your feet in winter, especially if you have to stand on cold concrete all day. The offcuts from the offcuts, I use in the base of white foam fruit boxes for seedlings as they retain moisture well but remain free draining.

Coins

The other day a button broke on my trousers – you know the one, it takes all the strain when you first button up. Well, I guess I'm putting on more weight the better I learn to cook.

A new button would have cost from 50c up to \$1 (I shopped around). Then I realised it was exactly the size of a one-cent coin, so two small holes got drilled in an old one-cent coin (I collect them for such art work). Boy what a saving! Large buttons? Two-cent coins, no problem. Recycling certainly saves money.

HOMEMADE FURNITURE POLISH & CLEANERS

by John Mount, Woodford, Qld.

Before applying polish to furniture it is a good idea to remove the remnants of any previous polish. A good polish remover can be made by mixing a quarter of a cup of vinegar with half a cup of water. Dip a soft cloth into the mixture, rub the furniture all over and dry immediately with a fresh clean cloth.

Make your own polish, cleaners, and stain removers, by using the following recipes:

- Make any quantity of furniture polish by mixing equal parts of raw linseed oil and turps. Use sparingly.
- Mix a small quantity each of paraffin oil (or linseed oil) and vinegar and apply to a piece of cloth. Then allow the cloth to dry in the open air before using. The cloth will retain its cleaning properties and can be re-used many

times if it is kept in a plastic bag or other sealed container.

- Marked and grease-stained furniture, also woollen and silk fabrics, can be cleaned by using fullers' earth and French chalk. These substances absorb grease and oils. A paste is made with water and then applied to the stain. After drying the article is either polished or brushed.
- Mahogany furniture can be cleaned with vinegar or cold tea.
- To clean French polish surfaces mix a teaspoon of kerosene with 600 ml of water. Apply using a damp soft cloth.

SCRATCH REMOVAL

To conceal or disguise furniture scratches, try the following ideas:

Ebony: try rubbing in a little black

shoe polish, black eyebrow pencil or black crayon.

Mahogany: apply a dark brown crayon or a brown paste wax.

Maple: combine equal amounts of iodine and white spirit. Apply with a brush or cotton bud, then dry, wax and polish.

Oak: try a matching shoe polish.

Red Mahogany: apply brown iodine with a cotton bud.

Teak: clean the area, apply a mixture of linseed oil and turpentine then polish.

Walnut: rub the scratch with an unsalted brazil or walnut kernel.

A general recipe to hide scratches is made by mixing two parts cod-liver oil or olive oil to one part vinegar. Pour a little on the scratch, let it soak in, afterwards polish.

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(Refer to GR 117, page 55, for more info)

‘GRASS ROOTS’ AWARDS

During the year readers were invited to nominate people as recipients of the ‘Grass Roots’ Awards in the categories of lifestyle, good samaritan, innovation and community service. The prize for the winner in each category is a \$200 Going Solar gift voucher. The nominees have been mentioned on the Gumnut Gossip page in each issue.

It is time again to cast your votes to decide the winners in each category. You can reread the Gumnut Gossip pages in back issues from number 120 to remind yourself about the nominees. Following is a brief description of each, with the issue number in which they were first mentioned shown in brackets after the name.

CATEGORIES

Innovation

Herman Odijk (GR 123): for his great nutcrackers featured in GR 119.

Don Reynolds (GR 123): for his homemade alternative technology devices, generously shared with *Grass Roots* readers.

Cheryl & Mick Smith (GR 123): for proving the sceptics wrong and making a success of their free range piggery.

Community Service

Friends of the North Coast Regional Botanic Gardens (GR 120): for their outstanding effort in creating a haven of peace and tranquillity from a reclaimed rubbish dump.

Roberino (GR 123): for a plethora of recycling ideas.

Good Samaritan

Ralph Long (GR 122): for work in permaculture, seed saving and LETS and for sharing his time and knowledge.

Christine Berry (GR 122): for her devoted work for the don-key sanctuary.

Laurie Williams (GR 123): for recognising the importance of loved ones.

Pat Coleby (GR 123): for her work with animals and unstinting efforts to help others solve their animal problems.

Lifestyle

Niela Lolomanaia (GR 122): for her simple hardworking lifestyle in the Tongan Islands.

Libby Lam (GR 123): for her energising influence.

Athol Walter (GR 123): because he is living his dream.

Phillip Keese (GR 123): for building his environmentally friendly house, establishing a certified organic garden and becoming a vegetarian.

VOTING PROCEDURE

You may vote for one person in each category, but you don't need to vote in every category.

Please write the name(s) of your choice(s) in the appropriate space(s). Photocopy, cut out, or hand-print the form below and send to:

GR Awards, PO Box 242, EUROA 3666.

To reach us before November 1st '97.



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Innovation _____

Community Service _____

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On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

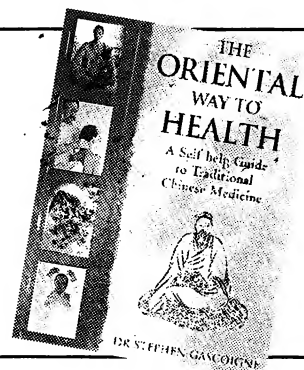
★ FEATURE TITLE ★

THE ORIENTAL WAY TO HEALTH: A Self-Help Guide – Dr Stephen Gascoigne

Chinese medicine is a holistic system of medicine which originated in China at least 4000 years ago. This book clearly presents a lot of information – photos, illustrations and charts nicely balancing the text. The chapters address origins and history, the fundamental principles of Chinese medicine,

Chinese massage, Chinese herbal medicine, self-help for common symptoms and a guide to what to look for in practitioners. A useful book for anyone interested in exploring alternative health principles and practices.

**P/b, 160pp, Simon & Schuster,
Ph: 02-9415-9905. RRP \$29.95.**



100 GREAT STIR-FRIES – Kay Fairfax

Stir-frying is an age-old technique which appeals to many people because it can be quick and easy, tasty and healthy. This book presents 100 recipes ranging from traditional Asian-influenced recipes to modern creations. It discusses useful and frequently used ingredients and woks and utensils. The sections are divided into meat & poultry, fish & shellfish, rice & noodles, vegetables, and enticing photos accompany every page. This book would suit anyone needing new inspiration for simple, delicious meals.

H/b, 63 pp, Weidenfeld & Nicolson. Ph: 02-9901-4088. RRP \$24.95.

THE DAILY RELAXER – Matthew McKay & Patrick Fanning

Many people intend to do something about the stress in their lives but find it difficult or impossible to commit themselves to mastering complicated techniques and/or to making big changes to their lifestyle. This compact book is full of a wide range of simple relaxation techniques that can be learnt in five minutes. Each technique is briefly discussed and then simple and clear instructions for practice are presented. The authors have selected 'the best of the best' relaxers from their other self-help books and their experience as therapists. Readers can browse through this book and try some or all of the techniques to find the ones that work for them. This book could be the starting point for many people to reduce stress and anxiety simply and effectively.

**P/b, 114pp, New Harbinger Publications, Boobook Publications,
Ph: 049-970-811. RRP \$22.95.**

USEFUL BUSH PLANTS – Peter Bindon

This useful resource book presents information about a wide range of plants native to Australia that can be used as bush tucker, medicine and for other useful purposes. The descriptions and photographs of each species enable easy identification for nonbotanists. The maps provided to indicate the locations of plants are, however, of limited use in terms of Australia-wide distributions. Written by the head of the anthropology department of the Western Australian museum, it incorporates information provided by Aboriginal people and bushmen who have long appreciated the value of our native plants. This book will be appreciated by native gardeners, bush walkers and anyone interested in bush tucker or alternative medicines.

**P/b, 285 pp, Western Australian Museum.
Ph: 08-9427-2779. RRP \$34.95.**

I REMEMBER, THEN THERE WAS THE THE TIME, WHICH REMINDS ME – Keith Morgan

Born in 1938 in outback Queensland, Keith tells a range of stories and anecdotes about his interesting life.

P/b, 66 pp, self published, Ph: 03-5629-8488. RRP \$15, incl p&p.

SAFER PEST CONTROL For Homes & Gardens – Paul Rogers

This book was previously published in 1986 and has now been expanded and updated. The author has been a member of the Brisbane Organic Growers for twenty years and has practised as a consultant on hazardous substances. He comprehensively examines the chemicals we use in our homes and gardens to control common pests – the toxic effects they have on humans (carcinogenicity, reproductive toxicity, neurotoxicity, hormone effects etc) and the damage they do to other nontarget organisms and general ecology. He informs us about ways to control a range of common pests without using these harmful substances and instructs readers how to use pesticides safely when they have to be used. A range of appendixes is included – some generally useful ones such as formulae for homemade pesticides and some technical data and research findings which will only interest the more scientifically-minded reader. Although mostly written in plain English for everyone to understand, it has a scientific slant which makes it difficult for a reader of this book to ignore the message and not employ alternatives for any pesticides they may be using.

P/b, 178pp, Choice Books. Ph: 02-9569-0412. RRP \$16.

THE LIFE OF A COUNTRY VET: James Herriot – Graham Lord

James Herriot wrote books about his life and times as a Scottish country vet and these were consequently made into films and the popular TV series *All Creatures Great and Small*. Herriot was in fact the pseudonym for Alf Wight who was a country vet. Lord fills in the information about the vet's life that were never a part of the writer Herriot's life – his family and impoverished background and some hidden tragedies. Central issues examined by the biographer are the discrepancy between the real and fictional lives of this man and the nature of his real-life relationships as distinct from the fictional ones. This book will be interesting and enjoyable to fans of the James Herriot character.

H/b, 276pp, Hodder Headline. Ph: 02-9841-2800. RRP \$34.95.

WOOD CARVING WITH A CHAINSAW – Lyn Mangan

This book is an introduction to a rather unusual form of sculpture/craft/building. It provides some guidelines for people interested in experimenting with this technique – woods to use, chainsaw choices and general safety tips. The bulk of the book presents a range of projects to follow step by step, some functional and others sculptural objects. There is a 'photograph gallery' at the end of the book which shows some of the carved works by accomplished chainsaw carvers. The author stresses throughout the book that chainsaw carving is only for experienced chainsaw handlers.

P/b, 93pp, Simon & Schuster, Ph: 02-9415-9905. RRP \$19.95.



DOWN HOME ON THE FARM

by Megg Miller.

Spring is an exciting time when you keep poultry for not only is there an abundance of eggs of all shapes and colours, but the males of this genus are at their most flamboyant. Regardless of which particular species it is, competition for the fairer sex is intense. Turkey toms strutt their stuff, pumped up with hot air as well as pride, ganders posture with unequalled belligerence and roosters initiate battles to impress and win their harem. The guinea fowl? Who knows? Their personal life remains a mystery because it is so hard to differentiate the sexes.

Already a few bold hens have come forward with chicks and more, I suspect, have secreted themselves away, hoping to surprise the world with broods of every colour. Some turkey hens too are determinedly sitting, but most are just coming into lay, producing large cream coloured eggs heavily pigmented with brown. It is amazing that despite centuries of domestication turkeys still have the ability to add 'camouflage' to their eggs so as to avoid detection by predators. Few of my girls get to lay outdoors, but when they do it is difficult to spot eggs hidden away under dried grass and leaves.

The geese have been engaged in nest building for weeks, the early birds claiming the prize sites. Memory or instinct drives the couples back to the same spots year after year, other equally suitable places being passed by. It goes without saying that several couples will desire the same nest and noisy scuffles ensue, the vanquished coming back time and again in an effort to secure success. Poor Maria the dog feels obligated to break up such disputes, dodging between the beating wings to haul the combatants apart.

With the geese monopolising so many nests it is a relief the guinea hens don't commence lay until late September. By then there will be numerous areas of overgrown weeds, perfect for the privacy these birds desire.

While the farmyard vibrates with crowing and gobbling, or the excited cackle of hens, the grass grows. I swear it grows a little every day. Earlier this month I looked at the front paddock and decided to borrow the ride-on before the grass grew too long. Suddenly

it's knee high! I can think of better ways to spend weekends than bouncing around on a ride-on mower, but it's one of those jobs that just has to be done – regularly. There is a plus side: the rakings are always appreciated by the penned stock. I portion the cut grass out between the sheds, the fowls enjoying a scratch as they pick through it, with turkeys preferring their greens hung in bundles or tossed into a wire basket so they can pick at it. In the end the uneaten fibrous matter dries out and either goes into topping up nests or just forms part of the floor litter, in time to make its way back on to the ground when the shed is cleaned out. A satisfying exercise in sustainability.

The annual tug-of-war over incubation crops up at this time each year. Will I or won't I turn the machine on? Duty demands I get it going and ensure the survival of many strains of rare fowls. Alas, the constraints that accompany brooding chicks preclude getting out and about. Incubating and then raising healthy, happy chicks involves a commitment spanning many months, not just the few weeks tending the incubator and nurturing under the heat lamps. Do I want to shape the next few

months around this responsibility, and what about the effort required over the hot summer months, especially during heatwaves? It's an arduous task hosing sheds or carry buckets of water when the thermometer is hovering in the high thirties. I dare say the overflowing buckets of eggs will act as a catalyst. I should hatch just a few. No doubt in a few days the power will be switched on and life will revolve around checking the temperature and water level and moving the handle to or fro over the day to turn the eggs. Just a few chicks I think I said; perhaps I should write it large and bold and pin it around the house.

With all the hens here you may be wondering why they haven't been organised to do the job. Well, you can't let hens in a breeding shed go broody or they will be hassled by their pen mates. What generally happens is that all the hens in a shed lay in the same nest, and even if a flock mate goes broody and sets, the others will continue laying around her. Neither you nor the broody will know which eggs are fresh and which part-incubated. Eggs will break and become dirty, and the presence of one broody and lots of eggs may encourage others to set. What



This Toulouse goose has settled into her temporary shelter and constructed a nest from twigs and vegetative matter.

a complicated mess.

Back when my business life was less demanding, I used to run a broody shed. The discarded supers from bee hives had been collected and placed around the shed. Being bottomless, they were ideal, the soft earth being hollowed and then covered with litter, and dummy eggs added. The persistent broodies from the sheds were relocated at night and those that settled would receive fertile eggs and usually hatch them. The setting hens were given feed and water and encouraged to leave the shed for a dust bath and wander. Some would need to be gently lifted off so reluctant were they to leave their eggs. Most would return of their own accord but a few could never work out how they came to be in the setting shed and would return to their old pen. The time taken up feeding and watering or collecting wayward broodies was considerable and then almost doubled after hatching when the families were moved to A-frames. I don't have the luxury of this genteel way of life any more, so the incubator and artificial brooding is the compromise.

Like lots of Grassrooters I've also learned the hard way that when dealing with living creatures you've got to do things properly. With poultry it means closely monitoring the females if you allow them to sit, as I was able to do in the broody house. Many the turkey hen I've lost over the years because they didn't take time when off the nest to eat or drink or couldn't find where victuals were located. Even a few of my favourite chooks have collapsed and died after sitting the 21 days, too weak to cope with an additional stress like cold wet weather. The mechanical hatching and rearing isn't as satisfying as letting the hens DIY and of course has its own set of problems, but it must suffice for now.

Fortunately, the geese show more common sense than fowls or turkeys and can be trusted to get off their nests every few days. Even so, they're given feed once a day and water is left nearby. They usually have a solicitous partner who is loath to wander off or can't get past other ganders protectively guarding partners, and so are grateful for the home delivery of food and water. I frequently complain about the Toulouse, how pugnacious the males can be to each other, how noisy they are at night and how I get nipped around the ankles

or attacked during the breeding season when checking the nests. Friends assure me the Toulouse are a dream to handle, and that the males are far less aggressive with humans than are those of other breeds. They are probably right. There are five geese sitting within a stone's throw of the front door of the office, and only a couple of times a gander has looked menacing. Crossbreeds or other pure breeds would indeed be more bellicose. Mind you, the real test comes at hatching. I think there will be a line-up of sticks outside the office door during this period.

Clearly, with the extra jobs like grass cutting, monitoring the geese and collecting eggs, I'm not looking to make work. Imagine my consternation then when I found rice hulls spread everywhere. The blasted pig! She had pushed out of her yard and enjoyed a brief period of destruction. What was remarkable was that the large wool pack of rice hulls had presented the ultimate challenge to push out of the van and manoeuvre through a doorway into the shed. This had taken an entire weekend of intermittent but determined exertion on my own to achieve. The pig needed only five minutes to push it over and empty it outside. There were numerous sheds of happy chooks next morning, scratching the unexpected addition to their litter but I was very unimpressed, especially when it rained in the afternoon and spoiled what hadn't been raked up. Pigs!

Fortunately the other beasties that have caused grief in recent months have just evaporated. The mice disappeared, no doubt driven out by the dreadful smell of their dead compatriots, and the occasional one that appears can be smartly dealt with by a spring trap, only their calling cards remain, turning up unexpectedly in drawers and boxes.

The trespassing sheep that skulked around for weeks on end were moved with the rest of the flock to another paddock, and when they all returned, the ewes had either forgotten or were too busy with lambs to return. They ate back half a dozen daisy bushes so badly that only a few leaves exist, and it's doubtful any will survive.

The unpredictable weather we are all experiencing has produced some delightfully sunny Saturdays and I've lazed on the verandah enjoying the ambience. A coffee in the sun with the cats, a read of the papers, maybe even a

PENPALS

Hi. I am seeking a male penfriend who has a love of nature and farmlife, is artistically minded and whose interests include woodwork, guitar, folk/world/tribal music, animals and maybe drama and dance. He should be 14 - 19 years old and be from Qld or NSW - but hey, if you fit the criteria - write! I am a half-hippy with country instincts. I spend my time pursuing my love of arts and crafts, music, drama, natural therapies, herbs, reading, playing the guitar, and, of late, teaching myself to juggle!

Naomi McLean,

C/- PO Box 242, EUROA 3666.

Hi, my name is Amy, I'm 11 and looking for a penpal aged 10 - 12. I like cats and reading.

Amy Junggebur,

C/- PO Box 242, EUROA 3666.

Hi, my name is Joseph and I would like a penfriend. I'm 11. Can you be the same age as me? I like NBA basketball, St Johns (first aiding), collecting things (not bugs), music (I'm learning the piano). We have a dog, 2 cats, 25 chooks, 4 ducks, 5 calves, 2 guinea fowl and three cockatiels.

Joseph Burns,

C/- PO Box 242, EUROA 3666.

Hi, I'm 6'4" tall, brown hair and eyes. I love all animals, gardening, photography, C&W music, some blues, jazz and am an Elvis collector. I'm broad-minded, have a sense of humour, and am a caring and gentle person.

Leslie Warner,

PO Box 110, BOONAH 4310.

Hi, my name is Stuart. I enjoy good movies, music and books. I would like to hear from anybody anywhere.

Stuart Mitchell,

C/- PO Box 242, EUROA 3666.

short doze. The verandah overlooks a small lawn and the garden, a green, leafy, restful oasis. An hour or so of regeneration is all that's needed and I'm ready to tackle the weekend jobs. Recently I dug and then concreted two pine posts into the ground, so a gate could be hung to keep and fowls from the vegie patch. Sure it was a rough job, but it looks fantastic, and after all was my first foray into concreting.

I'm happy to tell you that a substitute rubber pillow has arrived for Suni, thanks to the generosity of a reader. My reference to Suni's attachment to her old pillow reminded this samaritan of her children's need for keepsakes and she recalled an unused pillow of the same type stored away for emergencies. Suni is over the moon: 'At last I'll be able to have a decent sleep again'. Thanks Gwen Harrison, you're a treasure.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to Grass Roots, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 124 is 30th October, 1997.** Please do not fax ads.

Sender's Name..... For issues no/s.....
 Address..... Classification.....
 Postcode Cost.....

Cost for advertisements is 60c per word

PROPERTY FOR SALE

NEW SOUTH WALES

APPROXIMATELY 750 ACRES, bush retreat, sm cottage, council road frontage, power and ph avail, 30 km town. Owner would like \$75,000. Make a reasonable offer. A B Elder & Co Walcha. Ph: 02-6777-2187.

PEACE IN PARADISE, Nymboida, set amidst the tranquil surrounds of undulating hills and state forest. Beautiful 2 dwelling property of 100 ac 50 km SW Grafton. Primary dwelling spacious 3 b/r double storey timber crafted hexagon. Verandahs, views. Established property; sheds, fences, dam, f/trees, vegie patch, school bus. Prolific wildlife, diverse forests, picturesque crk. Friendly artistic community. Photos, description. Yours for \$135,000. Ph: 066-845-206.

TWO BEDROOM CAVITY SANDSTONE BLOCK, 15 ac, lifestyle block, perm crk, swim-hole, 12V & 240V solar powered, 10 mins sth Nimbin. \$140,000 Ph: 02-6689-1015.

FORCED SALE, 958 acres, \$130,000. Breathing hill country near Bonalbo in Richmond Ranges, northern NSW. Perfect alternative living or retreat getaway. Perm crk bndry, 300 ac cleared, 5 dams, cattle yards, great horse riding country. Two storey, 2 b/r, 10 y/o timber/galv house, 12/240V wiring, ph, LP gas connected, combustion stove & fireplace, 4WD access. Ph: owner, 066-425-750 AH, 066-432-104 BH.

EASTERN ESCARPMENT, 155ac (62.72ha), r/forest and open timber. Spring-fed perm crk. Level home site, 4 garden sheds and 2 c/vans. \$55,000. A B Elder & Co Walcha: 067-772-187.

TRANQUIL THREE ACRE HAVEN on sml, amicable MO adjoining Nat Pk, 10km from Nimbin on sealed road. Handbuilt octagonal house with views to Border Ranges. \$53,000 no offers. Ph: 02-6622-8103.

NORTHERN RIVERS, MT WARNING AREA, 30 sq round stone & pole house on 3 levels, 4 b/rs, vaulted ceilings, high verandahs, beautiful forest views. Gravity-fed water from perm crk rising in state forest. Bitumen access, terraced orchard, solar & hydro power, mains avail, ph, school bus at gate, 15 mins to shops & school. One of 14 shares in friendly council-approved & registered co-op on 200 ac of r/forest with rock-pools, waterfalls, koalas & platypus. \$110,000. Ph: 08-9447-0632. Email: Lynette Parker @ uwa.edu.au

PRIVATE FOREST MID NORTH COAST, 225 ac, ocean views, house & sheds, solar, wood & gas. 35 mins beaches, some r/forest & crk. Urgent sale, all hard work has been done. \$200,000 very negotiable. Ph: 02-6582-0841.

WARRUMBUNGLE NATIONAL PARK, Coonabarabran. Over the last 17 yrs we have developed our beautiful 330 ha adjoining the Nat Pk to permit self-suff in both food & income. But circumstances change and we have decided to sell part of our land and/or our eco accom business. From 20 - 250 ha priced from \$70,000 to \$395,000 incl house & 3 cabins. Why not stay in a mud brick cabin when you come to inspect - enjoy the solitude of the bush in comfort. Ph: Tony or Robyn, 068-421-740.

GREEN GULLY NEAR MUDGEE, deceased estate, 125 ac with 2 b/r house, fire damaged but repairable, crk frontage, perm spring, sheds, tanks, pens. \$75,000 ONO. Ph: 02-9958-0529.

GET A GROUP TOGETHER or ring individually. We have 3 blocks at Jindabyne, NSW: 54 ac, 80 ac, 195 1/2 ac and 327 ac at Mittagong NSW river frontage. My wife and I are retired in Qld and have absolutely no further use for these properties, therefore we really are prepared to sell cheap with even no deposit (must have guarantor) and vendor finance at 6%. We will even paper subdivide into smaller sections if enough enquiries want to, or exchange Qld property, luxury car or boat. Ph: 07-3408-8787.

QUIET AREA, 2 b/r house, sewerer, elec h/w, s/c wood heater, well insulated, ceiling fans, bore water, lge shed & work area. Two RTA huts, insulated, elec connected for extra rooms. Three ac, good soil, well fenced, school bus, 15 mins town of Coonabarabran and 1/2 hr to beautiful Warrumbungle Nat Pk. 126 Dalgarno St, COONABARABRAN 2357.

NEW ENGLAND, 3 b/r home in small village. Wood heater, verandahs, 4 car Colorbond garage, garden shed, chook shed, sml orchard, 7 ac, unlimited water, walk to school, shops, hospital, swimming pool & pub. School bus at gate. \$80,000. Ph: 02-6734-7479.

NORTHERN NSW, 750 ac f/hold, unspoilt native bushland. Abundant wildlife, quality cypress pine, gorge & waterfalls. Scenic, rugged with perm water. Weekend retreat, bushwalking, rock climbing, 45 mins west of Tenterfield. Enquiries: Andrew, 02-6737-5210.

SKI AND SWIM, COOMA, 2 b/r house, enormous shed, Murrumbidgee River swimming hole & perm water. Wallabies, wombats, platypus, 30+ f/trees, wood stove heats house & water (elec backup), secluded location, 15 mins from Cooma. \$105,000 ONO. Ph: 064-521-488.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

HERONS CREEK (PORT MACQUARIE), 20 km WSW, 106 ac, 2 sides forestry. At head of valley, with forestry (Bago Range hills) providing catchment for 2 crks. Large dam on bndry, 1 smaller inside. Third cleared and a properly fenced 30 ac paddock. Whole property fence-line bulldozer cleared 10 yrs ago. Two alternative lifestyle building locations, not up to house occupancy standards. Services not connected. Access forestry rds. Vicinity \$140,000. Ph: 02-9498-4708 AH.

SNOWY MOUNTAINS, Tumbarumba, 3 km from town, 90 ac bush block with spring water & dam. Young 4 b/r house, solar power, gas appliances, wood heat, ph, shed. DA approved for intense small-scale agriculture, eg herbs. Owners moving interstate. \$130,000. Ph: 069-483-241.

COMFORTABLE THREE BEDROOM HOME with study, 3 metre wide verandahs. Tranquil 2 ac with magnif views, fruit & nut trees etc. Steiner/public schools close, 25 mins NW Lismore. Reluctant sale. \$108,000. Ph: 066-337-066.

TIMBER/STONE SPLIT LEVEL, 2 storey 3 b/r home, power, ph, stained glass. Also shed with workshop, spare room. Beautiful r/forest & wildlife. Chook pen, vegie garden. Very peaceful, 1/2 share on council approved MO. Friendly community 15 mins from Dorrigo, nth NSW. \$71,000. Ph: 066-521-427.

ROCKY HALL HOUSE, 5 ac, historic 35 sq tastefully renovated, serviced, warm home, workshop, orchard. Wyndham 20 km, ACT 2 1/2 hr. Currently a holiday rental business/farm/cottage industry. \$138,000 ONO. Ph: 064-942-217, 064-942-172.

BUSH RETREAT, NYMBOIDA, 100 ac perm water, 5 ac cleared, school bus. Half finished 2 b/r full brick cottage, 2000 ac forest-lease. \$70,000. Ph: 066-541-318.

BRAIDWOOD DISTRICT, SE NSW, r/forest home for rent 1998 to tenant with commitment, 12sq stone house, solar power, ph, wood heater, productive vegie and waratah garden, nut trees, guest cabin. Cool moist summer, nearest neighbour 5 km away, stone's throw from edge of Budawang-Ettrima Wilderness Area, 25 mins Braidwood, 1 1/2 hrs Canberra. \$45 p/w plus wombat sitting and other caretaking duties. Ph: Val, 02-4846-1173.

HARDEN, FORTY ACRES, 5 km from town, perm crk, fenced, trees, sheds, organically maintained, ideal permaculture, picturesque setting. \$70,000. Ph: 063-863-419.

BUSH BLOCKS, FREEHOLD HIGH COUNTRY, 39" rainfall, fully covered with unspoiled native vegetation. Trees include: ironbark, box, stringybark, gum, pine & apple. Northerly aspect with great views, very private & peaceful. Trout stream & nat pk nearby. School bus 4.5 km. Situated 130 km from Tamworth. Dual occupancy allowed. Three blocks avail, ranging from 175 to 300 ac (subject to survey). \$45,000 ea. First in best dressed. Ph: owner, 02-6783-1446 AH.

**DEADLINES: GR 124 - OCT 30TH
GR 125 - DEC 20TH**

ENERGY EFFICIENT, SOLAR PASSIVE, 3 b/r home for rent as part of innovative, urban permaculture village in Mudgee NSW. Mudgee Housing Co-operative seeks applications from families interested in group managed, nonprofit housing solutions. Recently occupied, this co-op offers community living and privacy within a developing food forest. Phone the secretary on 02-6372-1132, or write to: Unit 6/178 Melton Rd, MUDGEE 2850, for further info and an application form.

DOUBLE BUILDING BLOCK, power, heart of Stuart Town, NSW, 5 mins from station, Sydney-Dubbo XPT Line. \$15,000 ONO. Ph: 07-5446-0138.

VINYL CLAD HOME, on 3.9 ha of undulating grassland. Two lge sheds, dam and bore. School bus, 25 mins Murwillumbah, 45 mins Tweed Heads. Video avail. Vista to McPherson Ranges. \$189,000. Ph: 02-6679-1392.

ROCKY HALL, far south coast, 1/2 share 60 ac in Coolangubra Nat Pk on Towamba River, also perm crk. No access problems. House and nursery, 240V solar power and generator. Magnificent pristine wilderness. Waterfalls close by. RSD delivery & school bus. \$80,000. Ph: 064-957-609.

WEST OF TAREE, ACCESSIBLE RETREAT, 60 ac with 150 macadamia trees, 100 citrus, great soil and a dwelling. Pristine crk, surrounded by state forest & organic neighbours. House site, power & ph. \$120,000. Ph: 065-539-265.

LESS THAN ONE HOUR FROM GOLD COAST, northern NSW, close to Nimbin. Spacious timber & rock, 2 storey, 5 b/r. Five ac, nth aspect, panoramic views. Large solar system, shed, c/port, tanks. On well estab community. Walk to primary school. \$93,000 ONO. Ph: 066-843-946.

AMONGST OLD GROWTH TREES, attractive, solid, spacious timber cabin, solar power, estab garden on 2 ac share in Strata Title Community in Billen Cliffs, 34 km from Lismore. \$55,000. Enquiries ph: 066-337-040 evenings.

SPACIOUS SPLIT LEVEL timber cabin, 3 sheds, 3 dams, 3 big tanks for rain water. Situated on 2 ac on Strata Title Community only 30 mins from Lismore, Kyogle, Nimbin. \$39,000. Enquiries ph: 066-337-040.

NAMBUCCA VALLEY, 119 ac, perm crk front, well timbered ridges/gullies rising to state forest, springs. Power/ph cross land. Elevated building sites. \$65,000 Ph: 065-688-214.

KEMPSEY, 2 X 3 b/r mud brick homes, gardens, garages, workshops, + guest cabins, 20m x 15m shed + flat, all on 200 ac bush + crk flats. Abundant water + 5 dams, elec, ph, school bus. Privacy at \$239,000 ONO. Ph: 02-6566-8045.

**To avoid disappointment ensure
your ad meets our deadline**

THE 12 ACRE PROPERTY IN BELLINGEN township, an awareness settlement, health oriented town, situated between the rainforest, Dorrigo, Urunga, beautiful Thora Valley which is full of crks and waterways, half an hour to business centre Coffs Harbour. The property is beautifully undulating, bordering with state forest, about 7.5 ac is full of native and r/forest trees. It has rich soil and anything grows there. It has a small cabin with good size veranda overlooking the dam, sep bathroom. \$130,000 ONO. Ph: 02-9924-7799.

SOUTHERN HIGHLANDS, TARAGO, 100ac escape nestled away between Bungendore and Goulburn, 2 1/2 hrs easy drive from Sydney (55 mins Canberra). Plenty of water. Large Colorbond shed. Kangaroos, wallabies, wombats and lots of birds. Ph: 02-9684-1773.

FAR SOUTH COAST, 30 mins from Eden, 2 blocks approx 15 ac partly cleared, NE aspect. Power, daily mail/passenger bus, school bus avail. Few mins walk to school, shop/PO & river. Beautiful valley. \$25,000 & \$27,000. Towamba. Ph: 02-6496-7136 evening.

CHAKOLA, 15 mins from Cooma, 100 ac on Murrumbidgee River, 50's style 4 b/r brick home, mod cons, wood heating, sheds. Seven ac estab lucerne, 20 ac river flats, perm water, irrigation licence, had 100 head of cattle and sheep. No chemicals used. Potential for market garden or orchard. One km from school bus. \$190,000 ONO. Ph: 064-524-933 or 064-522-459 AH.

GLOUCESTER DISTRICT, beautiful 240 ac valley, mostly timbered, some r/forest. Abundant wildlife, fresh water springs, good r/fall, perm crk. Good access. Five shareholders - 1 share avail, with fenced site. \$25,000. Ph: Brian, 02-9567-2525.

NORTHERN NSW, 2 1/2 ac estab, organic f/trees & lush landscaped garden. Hand-crafted 2 b/r stone & timber, pole house, potbelly, stained glass windows and polished floors. Very private, walk to community shop/hall, craft/workshop & school bus 1/2 hr from Lismore, 1 hr from Byron. \$98,000. Ph: 066-337-230.

FAR NORTH COAST, TULLYMORGAN, beautiful outlook, private, idyllic lifestyle, 130 ac f/hold, 70 ac cleared, 4 dams 2 crks with water holes. Fenced, cabin, elec, phone, shed, chook pen etc. Suit many pursuits, other bonuses. \$142,000. Ph: 066-453-526.

BYRON SHIRE HINTERLAND, 25mins to Byron Bay beaches-f/tree nursery, good figures id stock, machinery and buildings. Established 20 yrs, on magnif 5 ac, spring water. Five mins to school on bitumen rd. Adjacent to nat pk. \$270,000. Ph: 066-840-152.

WEST OF TABULAM, legal dwelling, 57ac, 1 d/b, 4 bunk room, kitchen-diningroom, full length verandah, facing tree ferns. Fitted t/out, 240V lights, stove, p points, generator, tank water, huge dam. Sale or exchange \$49,000 ONO. PO Box 1135, CASINO. Ph: 066-661-351.

VERONA, BEGA VALLEY, 9.5 ac, house site cleared, sml dam and watercourse, easy access, caravan on site. Hydraulic mud brick press, 8hp motor. \$50,000. Ph: 02-6494-1010.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

BEAUTIFUL ESCAPE to the country. Main house 4 b/r, cottage 3 b/r, estab gardens, double garage, shearing machinery and tool sheds, steel yards, water in each paddock, 3000ac, sheep & cattle. Scenic hills, trout stream. \$430,000 WIWO. Ph: 064-546-365.

DRAKE, 9.627ha, 2 dams, waterholes, orchard, vegie garden. Dwelling with gas fridge, combustion stove, hot water system, baker's oven, solar power, inverter. Approved house plans. \$50,000 ONO. PO Box 84, TABULAM 2469.

UPPER MACLEAY, extremely private, f/hold, 161 ac mountain retreat, r/forest, koalas to lyrebirds. Steel shed, s/c stove, hot water, ph, 4WD access. \$65,000. Ph: 065-672-170.

BEGA VALLEY/TANTAWANGALO, federation house on 5 ac, 4 titles, walk-in pantry, fuel stove & elec, Turbo-10 & 2 open fireplaces. Out house, lge shed, river/swimming & school bus at front gate. Candelo 9 km, 28km Bega. \$125,000. Ph: 02-6492-7301.

DIGNAMS CREEK VIA NAROOMA. Situated on the south side of Galaga between Tilba and Cobargo. Sit in the tranquil setting watching the water serenading past the cottage from the perm pristine crk. Walk through the state forest and see the abundance of wildlife. Mains elec, school bus, mail delivery and many other mod cons, are all found on the 20 ac developed as commercial orchard with cottage and studio. Only 20 mins to untouched beaches. Price: \$210,000. Ph: 02-6493-6626.

QUEENSLAND

SOUTH BURNETT, 160 ac, 26' van incl fridge & oven, on house site. Power, ph & town water, 6 km to smt country town (pub), end of sealed rd on school bus route. Rolling country, great views, 100 ac cleared, 60 treed, good all-weather access. 3 hrs Brisbane/Noosa/Hervey Bay. Private. \$62,500. Ph: 02-9360-6505.

GEORGETOWN (goldfields), 2 1/4 ac freehold, river frontage, fenced, town water, elec, \$6000. 29 Nix St, WEST END 4810.

NTH TOOWOOMBA, four miles Crows Nest, 4 b/r brick house on 22 ac, 25 x 40 shed, dam, solar power fridge, d/freeze. Bitumen rd at entrance nat park. \$165,000. Ph: 076-981-551.

TOP OF BEAUTIFUL SECLUDED VALLEY, 1/2 hr Beaudesert, 1 1/4 Gold Coast, Brisbane. Newly restored worker's cottage and self-contained cabin on 5 1/2 ac near Lamington & Border Ranges Nat Pk. Solar power, wood heater, gas, perm water. Landscaped native garden, established f/trees, vegies: 4500 trees planted. \$110,000 ONO. Ph: 07-5544-8216.

SWANFELS VALLEY, 30 km east of Warwick, 9 1/4 ac perm crk, views, fully fenced, 5 ac cultivated, suit organic, equipped bore, 5000 gal rain. Split level 4 lge b/r home, en suite, office, open plan living, silky oak kitchen, timber floor, raked timber ceiling, wood heater, L-shaped verandah, 6 bay steel shed. Shop, butcher, PO, school 10 mins. \$185,000. Ph: 076-648-321.

PLACING AN AD?

See page 71 for details

CONONDALE - CHEMICAL-FREE, 83 ac, 3 b/r timber home, expansive verandahs, 60 x 20 shed, s/c unit, 7 paddocks, 10 ac irrigation, 3 dams, yards/crush, includes tractor, implements, stock. \$290,000. Ph: 07-5494-4572.

WOLVI/RAINBOW BEACH, HINTERLAND, 75 ac timbered, undulating, fenced, N/E aspect, frost free. Log cabin, leadlights t/out, power, ph, gas hot water, recycled waste water system. School bus at gate, 25 mins Tin Can Bay, 50 mins Noosa, 20 mins Gympie. Sheds, yards, tractor, dam, pumps, etc. \$125,000. Ph: owner, 059-633-226 all hours.

COLLOMBATTI (15mins Kempsey), 32 ac, dam, chemical free over 20 yrs. \$53,500 ONO. Ph: 02-6737-6661.

VENDOR TERMS SOUTH QLD, 135 ac, good timber, good soil, bitumen rd to major town 36 km. \$700 deposit. \$29,500. Ph: 071-531-344.

VENDOR TERMS SOUTH QLD, 30 ac, good timber, wall grassed, elevated, undulating, glorious rural views. \$500 deposit. \$14,990. Ph: 071-520-277.

KILKIVAN MOUNTAIN RANGES, 543 ac, 50 km west Gympie, Qld. Timbered, 2 lge dams \$149,000. Ph: Philip, 075-4963-518.

QUARTER ACRE SMALL TOWN, lge shed, all amenities. \$11,000 ONO. Ring: 077-281-541.

HELP. I'm a 200 ac country property, Queensland, 2 dwellings, mail, power, ph, some irrigation. Need someone to give me the TLC my aging owner can no longer do! Ph: 076-653-538.

KINGAROY-WONDAI, olive farm, 40 ac, all new fencing & solar elec around orchard, several hundred olive trees 2-3 yrs old, 3 dams, ironbark & spotted gum bush. \$50,000 ONO. Ph: 071-689-376.

GLENWOOD (Qld) 5 ac, elevated, near-level, flood-free, valuable timber, marron, good quality fencing. Power avail, 20 mins Tin Can Bay, 20 mins to Gympie. \$37,000 ONO. Ph: Gary, 08-8382-8111, or 08-8388-3484 AH.

ROSEDALE/BAFFLE CREEK, reduced for quick sale, 53 ac, part-fenced, 16ft caravan, sheds, power & ph connected. Two dams, 2 x 2000 gal w/tanks, TE 20 tractor & implements. School bus passes gate. Estab f/trees. \$70,000 ONO. 3 Flounder Cres. GLADSTONE 4680.

NANANGO, 309 ac rolling slopes in tranquil setting, 25 km Kingaroy, estab trees, modern 3 b/r home, shed, yards, water truck, pumps, u/ground well. Great potential for stock pastures or rural retreat. Fully fenced, school bus. \$230,000 ONO. Ph: 07-3203-2338.

BUNDABERG AREA, private 2 b/r house, 25 f/fenced ac, dam, cabin, school bus, shop 7 km, river 2 km. \$95,000 ONO. Ph: 071-576-556.

COOLABUNIA, just 14 km from Kingaroy, 5 b/r house on almost 8 ac, 2 dams, chook pens, bore, 2 car garage, storage shed, full length verandah overlooking f/trees, selectively cleared. School bus at door. \$130,000. Ph: 071-623-550.

FOR WILDLIFE LOVERS ONLY - large spacious 34 sq, 6 y/o 4 b/r home, nestled in mountains. Features 2 bathrooms, sewing room, huge laundry, computer room, office, lge kitchen with dishwasher, verandahs front & back. Total seclusion on 117 ac, 2 bores-heaps water, dozer, fencing. Mackay 25 mins. \$220,000. Ph: 079-541-002.

GIN GIN, 38 ac lifestyle block, 13 km on Mt Perry Rd. Elevated, prepared house site with power and sweeping views, country mainly hilly with some good timber (suit olives). All newly fenced, incl 8 ac old crk flat with 2 m topsoil, lge dam with red claw (other dams and bores possible). Presently agisting cattle. \$40,000 ONO. Owners committed elsewhere, so ph/fax: 071-594-367. No agents please.

HERVEY BAY, 1.5 ac block, unlimited fresh water, canal, 3 phase power, ph & water to 9 x 9 x 4.2 m garage. Two mins to beach. \$83,000. Ph: 077-413-174, 042-564-176.

KURANDA NEAR CAIRNS, beautiful timber home on 2 1/2 ac, with 4 en suite b/rs. Two sep units, staff cottage. Registered for tourist accom. Ideal for artist's retreat/nature based tourism. \$285,000. Ph: 070-937-318.

MOUNT PERRY, old mining town, NW of Bundaberg, 2.4 ac, approved for subdivision of 11 blocks. Magnificent mtn views. \$25,000 ONO. Vendor finance. Ph: 071-566-289. PO Box 29, KADINA 5554.

PENSIONER/COUPLE, caretaker, bush block, coastal Qld. Rent-free van & annexe. All facilities avail. Ph: 071-566-289, PO Box 29, KADINA 5554.

FISHERMAN'S DREAM, 2 ac of r/forest heaven, boat ramp, mudcrabs and backyard fishing. Three b/r brick home, marble floors & carpet, spa, landscaped gardens & f/trees. Mission Beach 8 mins. \$160,000. Ph: 070-688-894.

VICTORIA

MELBOURNE 80 mins, Geelong 35, Ballarat 55. Unique cedar w/b home, set up high on steel frame, 5yrs old, 13 sqs, potential extra 13 sqs. under house. Pine lining t/out, 2 b/r BIR, lounge, kit/meals, w/i pantry, bath, sep toilet, laundry, 50,000lt water storage under house + header tank. Fire pump, hoses. Composting toilet (Rotaloo). Reedbed g/water. Solar h/w (Edwards). Solar power, 24V 200 a/hr, 240V invert, diesel back-up. Grid power close by. LP gas cooker, wood heater in lounge. Plus ground floor child's s/out, shed. On 18 ac box/stringybark forest. Beaut views from balcony into your own deep valley and (usually) dry crk. See life from the treetops! This precious forest is home to diverse flora, fauna, birds, especially orchids, koala, wedgies. Report has been prepared with view to Covenant with Trust for Nature. Looking for someone who will continue to treasure and protect this land. Price: \$150,000. Contact 03-5284-1258, or 018-341-615.

**Make Your editor smile -
Punctuate when writing ads for
Grass Roots Grassifieds**

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

DEADLINES: GR 124 – OCT 30TH
GR 125 – DEC 20TH

GREAT WESTERN, vacant land, ac cleared, building site in wine district, 12 km to Stawell. Serviced rds, 5 mins from shops, water/power able to be connected. \$19,000. Ph: 03-5975-7229.

NORTH-EAST VICTORIA, 8 ac, 20 sq, 3-4 b/r, mud brick/cedar home, spring water, secluded valley, 20 mins to town, 1 hr snow. School bus, crk frontage, 4kva gen, 60x30' sheds, p/l/u. Fully fenced, estab gardens, potential income, extras incl tractor & 7 implements. \$175,000. Ph/fax: 07-3899-3138 or 041-257-7094.

HEATHCOTE, 50km from Bendigo, 8 blocks avail, 3-16 ac, one with house. Available on vendor's terms – 10% deposit, balance 3-10yrs. No agents involved. Ph: Shirley, 019-947-405 after 7pm or weekends.

BALLARAT AREA, 6 ac, bush retreat, new shed 25 x 35, c/van, dam, fenced, undulating land, home site, magnif bush setting, 33km Ballarat. Cement water tank 6000 gal. \$25,000. Ph: 018-596-046 after 7pm.

SARSFIELD, 2½ ac, lightly treed land, 15km from Bairnsdale, water and ph on, elec on fence. Steiner school 3 km. Rural views. \$34,000. Ph: 03-5152-1752.

EAST GIPPSLAND, 60 ac of excellently fenced pasture in beautiful forest environment. Permanent mountain crk frontage. Seven paddocks, 3 dams, riverflats established for cattle, sheep & goats. Good stockyards, new hay-shearing shed, 2 lge greenhouses, other outbuildings, producing nutgrove, native shelterbelts. Old 3 b/r farmhouse, open fire, new s/c stove, ample living space, mains power, ph, septic system, good r/water supply. School to year 8 within walking distance. Good access roads, very near Snowy River, Errinundra Nat Pks. Beach 75 mins. Local valley population approx 70, good views, reliable rainfall (40 in), 300km from Canberra. Price: \$120,000. Ph: 03-5154-0134.

HIGHLANDS, 20 mins Yea or Seymour, unique 3 b/r mud brick home with superb ambience set on 6 ac amongst rolling hills. Many features incl open plan living, cathedral ceilings, baltic kitchen, mezzanine floor. Two 6m² workshops + s/out. Treed & private – unlimited potential, Highlands school bus at gate. Power and phone connected, tank water. Must be seen to be appreciated. Priced to sell. \$120,000 ONO. Ph: 03-5796-9354.

HAMILTON WESTERN VICTORIA 6km, 40ac rich desirable land, 3 dams, 6 concrete tanks, water troughs, windmill (bore), well fenced into 8 paddocks, 3 replanted with indigenous natives. Presently running cattle & emus. Property being converted to biodynamic management, 3 well developed vegie gardens, many f/trees, trial plantings native food plants, clumping bamboos. Views of Grampians. Four b/r solid brick home, about 20sq, modern kitchen, s/c stove, elec hot plates and oven, OFP, wide verandahs 3 sides, 2 toilets. Many sheds, chook house, 3 brick garages, horse loose boxes. School bus at gate. \$195,000 ONO. Ph: 03-5571-1031.

CENTRAL VICTORIA, 4 b/r farmhouse on 62ac, Maryborough area. Power, ph, s/c/stove/HW, wood heater, shedding, 2 dams, good fencing. Close to school bus. \$85,000. Ph: 03-5468-7262.

EAST GIPPSLAND, rare bargain, brand new 4 b/r house (cost \$95,000) on 10 fertile ac in quiet, picturesque Combienbar Valley. Many sheds, brick dairy, suit studio etc, abundant water, mains power, ph, comfortable living, suitable all GR activities. \$76,000. Ph: owner (Ray), 03-5158-5232, 064-585-289.

WEDDERBURN, CENTRAL VICTORIA, historic PO residence in town centre, 18 sq, well maintained, charming w/b. Includes office/studio and retail outlet. Large Colorbond fenced back garden. Established f/trees, sunny climate, clean air. \$72,000. Ph: 03-5625-1999.

DUNOLLY, VICTORIA, house (as new), 27ac, 3 b/r, generator power, gas appliances, verandahs, Coonara, carpet/lino, BIRs, pantry. Lovely setting, trees, birds, kangaroos. Plenty water, dams/tank. Generator, water pumps, fridge all included. \$72,000 ONO. Ph: 03-5469-7276.

TRAWALLA, 7km to Beaufort on Western Hwy, 5 ac lightly treed. Phone avail, power adj. \$15,500 ONO. Ph: 03-5345-2162.

PARKLIKE, private 47 ac near Nicholson in the Gippsland Lakes region. Comprising 2 ranch-style homes. Large machinery shed and stocked dam. Set up for ostriches (12 pens). Easy to convert for horses. Beautiful locality, climate. Photos avail. \$220,000. Ph: 03-5126-2263.

WARRAGUL AREA, 13 ac + river frontage, 2.5 KW solar elec system, 30x50x14' shed, hayshed, 3b/r log cabin, 12 sq studio. \$185,000. Ph: 03-5628-5339, 03-5127-5667.

HOBBY FARM ALEXANDRA, 71 ac, 2 b/r cedar house, dams, 40' garage, elec/solar/gas, fenced, beautiful views, wildlife, suitable for grazing or agistment also for growing ginseng/garlic/lavender/native plants. \$115,000. Ph: 03-5772-2564.

GIPPSLAND, 90 MILE BEACH, unique opportunity to buy the only property in the centre of the coastal park, no more building permitted. Three b/r w/b home. Solar + diesel & petrol 5KVA generators, LPG cooking, wood house & water heating, 47,000lt tanks and emergency bore, ph. Four titles, 1 ac which has run Angora and milking goats, calves, house cow, pigs, chooks, turkeys and ponies. Secure vegie garden with f/trees & paddock fencing; organic. Includes storage container and c/van. Sealed road, 25mins to town, schools avail. You are nestled between a beach with 1.5 miles of privacy and the lake, yet completely sheltered. Suit perm living or holiday home (3 hrs Melbourne). Good tractor and farm machinery avail for purchase which provide sml landscaping income. Incredible value at \$57,000. Ph: 03-5144-1664 (and fax), or mobile 015-846-143.

CERTIFIED ORGANIC vegetable and herb farm, 40 ac bush retreat/15 cleared. Two b/r cottage, elec, smoke house with cellar, 9m x 6m hothouse, 14m x 6m greenhouse. Large dam, 2" pump with irrigation system, numerous sheds. SW Vic. \$90,000 Ph: 03-5583-1524, or 03-5588-1237.

MURRAY RIVER ORGANIC RETREAT, lge home, sheds, 12meg water licence. \$150,000. Ph: 03-5453-2727.

SWIFTS CREEK, EAST GIPPSLAND, 3 b/r house in town. Tank/town water, wood heater, vegie garden, shed, chook yard, f/trees. Walk to shops, bakery, primary/high school, bush nurse. Quiet country lifestyle. \$46,000 Ph: 03-5159-4437.

TASMANIA

LAKE LEAKE, 2½ ac, 30 km from Swansea & coast. Overlooks 2 lakes on good sealed rds, shop close by, sewer, power & ph at front. Stand of tall ghost gums & great trout fishing. \$18,000 ONO. Ph: 03-6372-2484.

EAGLEHAWK NECK AREA, partly cleared bush block of 60 ac on historic Tasman Peninsula. Close to fine beaches & deep sea fishing. Land can be subdivided. Has 490 yds main rd frontage, overlooking Eaglehawk Neck Bay. Includes lge dam. \$129,500 ONO. Please contact owner on: 03-6243-7763.

LILYDALE. 'Challamoor', 100 ac lovingly developed property. Four b/r timber home, detached bunk house, + 2 b/r s/c unit tourist accom. Another house (3 b/r brick) rented to excel tenant. Various sheds allow year round propagation plants, normal farm activities. Fifty ac good pasture, 40 ac plantation trees. Owners living well from what they produce: fruit, vegetable, eggs, meat, trout fished from our own dam. Only limitation is the imagination of the owners. All this only 20 mins from Launceston. \$320,000 would secure this remarkable property. Ph/fax: 03-6395-4125.

TASMANIA, LOONGANA, ¼ share 196 ac r/forest with 7.2 sq solar house. Beautiful crk, river, forest. Reduced to \$29,000. Ph: 02-6655-2208.

JUST UNDER FIVE ACRES, lge shed + sewerage, power & 3 phase. Small organic apple orchard, hay paddock cuts 150 bales. Irrigation pipes, pump, farm implements go with sale. Price \$49,500. Ph: 03-6225-4431.

LOONGANA (Leven Canyon Area), gravel rd frontage – 50 ac bush property with views of mtn range, river running through centre of property, 2 home sites cleared, north to NE aspect, 60 km to nearest major town, Ulverstone. \$55,000. 'Land Inquiries', Box 321, Deloraine, Tas 7304.

ABOVE GOLDEN VALLEY, internal bush property, 50 ac with views of Quamby Bluff, perm water stream, house site cleared, NE aspect, 23 km to nearest major town-Deloraine. \$45,000. 'Land Inquiries', Box 321, Deloraine, Tas 7304.

*Please print your ad clearly
so we can do likewise*

GRASSIFIEDS

PROPERTY FOR SALE TASMANIA

TASMANIA, UPPER ESK, 1 hr east of Launceston, 3 b/r timber house on 3 1/2 ac. Surrounded by 2 lge bush properties in a picturesque position with panoramic views. Permanent water supply, fertile soil & estab orchard. Secluded but not isolated. Reluctant sale. Price \$49,000 ONO. Ph: owners, 03-6377-1157.

HYDRO ELECTRIC SITE, 170,000 (minimum) litres/day of crystal clear mountain gravity water, 42 ac of sunny north facing bush and pasture, foothills, fantastic views, building permit. General store, PO, petrol, preschool 3km, 1 hr to Launceston. A very reluctant sale. \$53,000. For more details please write to: PO 2046, Launceston, Tas 7250.

FARMLET NINE ACRES, subdivided dairy farm, 4 b/r house, Deloraine area, 30 mins from Devonport, 45 mins Launceston. Ample water with bore pump, spring water to water troughs. Various outbuildings, school bus route. \$88,000. Ph: 03-6424-7205.

SOUTH HOBART. Find a sense of community at Cascade Cohousing. Nestled between the bay & mountain with common house, workshop and gardens enclosed by 13 passive-solar, private homes. Great for kids, shared meals, mountain walks but only mins from town centre. Final share and building site avail for only \$35,000. Ph: 03-6223-5911.

CHARMING THREE BEDROOM character home, on 2 1/2 ac, with views to Bass Strait, 2 lounges. 3 toilets, lge kitchen with gas and s/c stoves. Several outbuildings, 10,000 gal tank. Smithton 15 mins. \$87,000. Ph: 03-6456-1205.

SOUTH AUSTRALIA

SUPERB NEW STONE HOME with 2 b/rs + huge gable (with space for a further 2 b/rs), balcony, extensive warm timber, exposed beams, slate and creative leadlight. Situated on a historic, sheltered, partially secluded 3 ac, overlooking beautiful Pelican Lagoon, with enclosed garden area, native bush, 41,000 gals of r/water storage, double garage. Clean air, sea views, great fishing nearby, room to grow without compromise. Negotiable mid-high 100s. Ph: 08-8553-2669.

ADELAIDE, BELLEVUE HEIGHTS, 3/4 ac, views over adjoining Sturt Gorge. Private, exceptionally productive, frost-free garden. Over 40 fruit trees, including rare fruits. Vegetable garden for self-suff. Immaculate lge 4 b/r with en suite, open plan house, cathedral ceilings. Pool, lge shed, double c/port, fully fenced. \$240,000. Ph: 08-8278-5759.

WESTERN AUSTRALIA

CENTRAL WHEATBELT (90 minutes east of Perth), 2 bedroom brick/tile home on quarter acre well located in Cunderdin. Reverse cycle airconditioning to lounge, gas HWS. Town has good medical, education and sporting facilities and an agreeable climate. \$27,000. Ph: 08-9635-1147.

PLACING AN AD?

See page 71 for details

GIDGEGANNUP, WA, solar passive home. This impressive unique 2 yrs young, architect designed, 3 b/r, 2 bathrooms, study/office, home on 5 ac of pristine bushland needs to be seen to be appreciated. It is located 30 mins from Midland, 23 km from Toodyay. \$220,000 to \$240,000 ONO. Ph: Ann Watkins (agent), 041-224-3685.

COMMUNITIES/SHARES

AGRICULTURAL COMMUNITY. Motivated adults send SAE to: PO Box 908, GYMPIE 4570.

SOUTH HOBART, find a sense of community at Cascade Co-housing. Nestled between the bay & mountain with common house, workshop & gardens enclosed by 13 passive-solar private homes. Great for kids, shared meals, mtn walks but only mins from town centre. Final share & building site avail for only \$35,000. Ph: 03-6223-5911.

UPPER HUNTER, 1/3 share in charming old schoolhouse w/ender on 4 ac in Widden Valley. Spectacular setting adj Wollemi Nat Pk, power, water, playground & amens. Close to horse studs, wineries and great bushwalking. Three hrs to Sydney, 2 hrs to Newcastle. \$25,000. Ph: 02-9332-3924.

NAMBUCCA SHIRE, Chalet-style timber home, wide verandahs, perm water, swimming holes, vegie gardens, chook pen, WIWO. Fourteen ac privacy in this beautiful r/forest acreage. Tenants in common. \$69,000. Ph: 065-698-459 or, 065-642-106.

NAMBUCCA HEADS 3/4 hr, affordable land, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 ac crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, all year crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

ON ESTABLISHED COMMUNITY, 38 shareholders, between Murwillumbah & Kyogle, near 3 - 4 nat pks, 1 1/2 hrs to coast, 2 hrs to Brisbane, I have an open plan house on 2 ha beautiful bushland. Superb wildlife (no cats/dogs permitted), very peaceful. After 9 yrs I'm heading south & wish to sell. \$57,000. Beatrice Bentley, 'Lillifield', Murwillumbah Rd, via KYOGLE 2474. Ph: 02-6689-7496, or neighbours Sandy & Lyn-dall 02-6689-7372.

FAR NORTH COAST, 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac, u/house garage & workshop. Organic gardens, f/trees, complete privacy. Power, ph, cabin, u/cover c/van. Secure strata development. School buses. \$159,000. Ph: 02-6633-7033.

**Don't forget the deadline if you
are wanting to advertise**

NIMBIN, 1/10 share, 52 ha, council approved M/O. Beautiful r/forest environment, 2 b/r accom & studio on 2 ha, solar power/hot water, estab f/trees, 4wd access. \$65,000. Ph: Steve, 066-282-034.

ADELAIDE HILLS, 1/10 share 80 ac. Foundations Council approved. Elegant simple dwelling. Shed, tanks, f/trees, private. Rates \$65. Adelaide 40 mins. Phone avail, no water, power, chemicals. Ph: Steven, 08-8346-2109.

BUSINESSES FOR SALE

BUSINESS FOR SALE, BEGA, NSW Saddlery & country clothing business estab 18 yrs, present owner 9 yrs. WIWO \$50,000. Good rent, main street position. Ph: 064-921-054. Selling due to health reasons.

ECO-ACCOMMODATION - see ad for Wurrumbungle National Park, Coonabarabran, under 'Property for Sale' in NSW. Ph: 068-421-740.

PROPERTY WANTED

FAMILY SEEKING HOUSE and/or acreage on Fleurieu Peninsula to rent or/and buy (vendor terms). Ph: 08-8823-2234.

ACREAGE WANTED. Have you got a minimum of 3 ac you'd consider selling to a couple with a smallish budget? Northern NSW preferred. Water essential. Anything considered. Ph: 07-3348-4614.

AGNES WATERS AREA, 5 ac or more, cash buyer, quick settlement, genuine sellers only please. Ph: 071-531-344.

FOR RENT

CHURCH! Loved but lonely. Open plan, carousel fireplace, polished boards, inside toilet, tank water, on 1 ac with shed, 20 mins from Ballarat - Ilabarook. \$59 p/w. Call Nicole or Jason, 03-9563-6311, or 04-1858-0844.

RUSTIC COTTAGE on 40 ac farm near Girraween Nat Pk, Stanthorpe. \$80 p/w. References essential. Ph: 076-966-176.

FARMHOUSE on 5 ac with perm crk, 2 b/rs & loft. Gas cooking, fridge & hot water. Solar lighting. In quiet valley 20 mins from Kyogle, NSW. \$90 p/w. Ph: 03-5985-3768.

WANTED TO RENT/CARETAKE

HOUSESITTERS AVAILABLE. Experienced young family with references seek housesitting/caretaking position anywhere in Tasmania from Jan 98. Ph: Peter, 02-4998-3342 or 02-4998-3295 after Nov 25th.

LONG-TERM ACCOMMODATION, low rent or caretake for lady and small dog. Good references. Ph: 07-3207-0060.

WANTED: HOUSE TO RENT - Lismore area, preferably coast. Affordable rent in exchange for gardening/maintenance. Two school-aged children. Ph: Marianne, 065-533-449.

GRASSIFIEDS

EXCHANGE

HOBART HOME, Couple wanting to exchange for Sunshine Coast home, 2 weeks after Christmas. Ph/fax: 03-6229-3878.

FIFTEEN MINUTES FROM WARBURTON, 1½ hrs Melbourne, idyllic mtn valley, secluded, private 2 ac of garden, mud brick, 3 b/r, self-suff energy supply. Family wanting to move for one year due to work and education & seeking an exchange house in the eastern suburbs. If interested contact Chris or Paul on 03-5966-8518.

BRICK HOME FIVE ACRES (3 titles), good water, soil, position, for equal without acres outskirts of town. Ph: 02-6846-7245.

WANTED

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

WASTE MANAGEMENT INFORMATION. Is your council doing innovative things with waste? Recycling programmes, worm farms, composting, mulching? I'm gathering info to submit to my council and am keen to learn what is happening in other areas. Please phone Rodney, 03-5798-5330, or write to: PO Box 101, EUROA 3666.

DON'T SIT AROUND DREAMING of a 'better life'. Become a member or distributor with an exciting ethical company. Introduce 100% vitamins & skin care products to family & friends and watch your business grow. For more info write to: NLD, PO Box 253, HANWOOD 2680.

PEOPLE WITH SKILLS in building, gardening or welfare to be part of a project aiming to house, train and employ homeless youth with a farm orientated lifestyle. We have land and aim at becoming a housing co-operative. Anyone committed to a drug & alcohol-free life, close to earth and spirit, reply to: Melita, PO Box 1360, MURWILLUMBAH, NSW 2484.

MUSTARD SEEDS. Need to purchase bulk mustard seeds for making mustard. All info appreciated. John, PO Box 178, BRIGHT, Vic 3741.

PERSON/S TO LIVE IN CARAVAN, share house in beautiful Jarvis Bay area, Excellent training in mud brick building, organic farming (beef & Boer goats) and Farmstay Enterprise project. \$30 p/w. Ph: 02-4443-4266.

PERSON, FEW EXPENSES, share country property, cost. Ph: 03-5344-7451.

LIVE-IN BABYSITTER/dedicated second mum wanted for my adorable 8 yr old son. Free accom/food/electricity. Nonsmoker. If a keen gardener &/or potter possibility exists for a homebased small business. Ph: 04-654-5368.

PERSON/S WANTED TO SHARE HOUSE, Hunter Valley bush block, occupy caravan, exchange assistance. Vegetarian, nonsmoker preferred. Visitors welcome. Ph: 02-4938-2036.

DEADLINES: GR 124 - OCT 30TH
GR 125 - DEC 20TH

HANDCRAFTS

THE CREATIVE KIT, Bookmark. Pattern darning & nun's stitch instructions. Fabric & threads for 2 bookmarks. Send \$10 to: The Creative Kit, PO Box 6476, FAIRFIELD GARDENS, Qld, 4103.

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, & associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from ¼" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

THREAD BUNDLES, stranded cotton in bundles of 100 x 8 skeins in 50 assorted colours. Shades matched to DMC. \$29 post free. The big bundle of 240 colours \$60 post free. 50 (25 pr) wooden lace bobbins, torchon style, excellent for beginners. \$49 post free. Steel weaving reeds. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-8277-3763. Fax: 08-8276-2186.

FOOD AND KITCHEN

CONCERNED ABOUT THE SOY PRODUCTS you're eating? Do they contain genetically engineered beans? Find out more. Free leaflets available from: The Australian GeneEthics Network, 340 Gore St, Fitzroy 3065. Ph: 03-9416-2222.

HOMEPURE WATER TREATMENT SYSTEMS. Intelligent use of silver for added health & protection. For spas, pools and of course purified drinking water. Also Silver Colloid avail. Ph: 03-9748-4047.

BEE POLLEN, no additives, 450 g sample pack \$9. 1.9 kg pack \$32.50, 4.3 kg pack \$65, 14 kg drum \$175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DAN-DENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

HEALTH & BEAUTY

'VACCINATION ROULETTE: *Experiences, Risks and Alternatives*' Finally, it's here! An Australian perspective on the risks and lack of effectiveness of vaccines. Topics include discussions about naturopathy, homoeopathy, chiropractic, kinesiology, and other ways to enhance one's immune system; personal stories, legal rights, media and political influences, vaccine ingredients & methods of production; Australian and overseas experiences. All proceeds will be directed towards ensuring freedom of choice and to assist the families of vaccine-injured children in gaining compensation. On its release in January, this book will be offered at a price of \$25 plus \$2 shipping each. As a prerelease special, you can purchase from 1 to 9 copies for just \$18 plus \$2 shipping each. Purchase 10 or more for \$15 each and shipping is free! All orders must be received by 15/11/97. Please send to: AVN, PO Box 177, BANGALOW, NSW 2479. Phone: 02-6687-1699. Fax: 02-6687-2032. Credit cards accepted.

EXOTIC HERBS CO, exclusive agent for USA's Botanical Preservation Corps, excellent ethnobotanical herbal preparations incl: the best immunotonic extract in the world, mildly euphoric nicotine-free smoking blend, potent sedative herb blends & extracts, Indian, Brazilian & Siberian ginsengs, cerebrotonics & more. For mail order product notes & price list please send SAE to: Exotic Herbs Co, PO Box 648, GORDONVALE, 4865.

GENETICALLY ENGINEERED GENE BEAN plants (soy bean) are developed to tolerate up to 200 times more herbicide. What does this mean for the dozens of foods we eat that contain soy products? Find out. Free leaflets available from: The Australian GeneEthics Network, 340 Gore St, FITZROY 3065. Ph: 03-9416-2222.

MISCELLANEOUS

FREE DOGALOGUE, Top quality pet products for your dog. Write: Country Canines, Bates Rd. KIN KIN 4571, with long SAE.

WANTED: KANGAROO-FRIENDLY ACREAGE required for relocation of Eastern Grey Kangaroos. Ph: Kay, 042-340-621.

HEALTH WITH HERBAL LIQUID, parasite expeller & oxygen exerciser. Mail Orders. Ph: 03-5453-2727.

FOR SALE: 1. Electrolux Gas Refrigerator. 2. Indesit Dishwasher, 3. Pine Bed - 148 cm x 195 cm. Ph: Melb. 03-9878-1122.

DIY WITH SOLIDSTAT THERMOSTATS, incubators, aquariums, nurseries, frost alarms. New quality budget range. Precise accurate and reliable. Jupiter Technologies, PO Box 34, CORAKI, NSW 2471. Ph/fax: 066-832-559 (home), <http://www.lis.net.au/~jupiter>

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Punctuate when writing ads for
Grass Roots Grassifieds**

GRASSIFIEDS

MISCELLANEOUS

BLACKSMITHING/KNIFEMAKING videos from USA. 'Create a Blade' parts 1 & 2 \$40 each. Limited edition, Bill Moran - 'Damascus and making of a knife' - 2 videos \$50 each. All as new. Ph: 02-6493-8414.

HOW TO SAVE A FOREST. Gummed labels to re-use envelopes. \$10/200. Bulk prices for fund raising \$83/10 packs of 200. Send cheque/MO to: Green Harvest, 52GR Crystal Waters, MS 16 MALENY, Qld 4552.

TIPIS, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 03-5763-2474, mobile: 015-048-196. Tipi hire avail.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', 4 Cockle St, O'CONNOR, ACT 2601. Ph: 06-249-8985, fax: 06-249-8937.

NATURAL SKIN CARE PRODUCTS, hand-made soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

POT-SHOT. A family indoor (table-top) game of skill, similar to old fashioned 'Bobs'. Wooden, brightly lacquered scoring frame 80 cm wide. Six white balls, 1 black ball in solid case. Two cues. Games rules clearly set out. Buy direct from manufacturer, Maquintre, 89 McGregors Rd, MALDON 3463. Ph: 03-5475-2342. \$49.50 + delivery.

GREYWATER SYSTEM, easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapotranspiration system. Plans and specifications available at \$50 per set from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

LIVESTOCK

SCOTTISH HIGHLAND CATTLE, cows, heifers & bulls. Ph: 03-5683-2373.

SILKIE BANTAMS, all colours, great mothers and pets. From \$10. Ph: 03-5422-6717.

GOATS, meat cross-breeding bucks, 6 mths old. Boer/Cashmere by Terraweena Elite sire. Showing/wool. \$50 - \$150 ONO. Enquiries: Anita, ph 03-5452-2560.

CATTLE: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian & imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

COURSES

DIDJERIDOO, learn how to play cassette & booklet course. \$39.95 incl post. Cheque or MO to: Clem Sedgman, PO Box 508, BERWICK 3806.

PLACING AN AD?

See page 71 for details

NEWCASTLE AND HUNTER VALLEY, permaculture courses based around interactive and practical learning techniques. Property consultation and design services also available. For information: Andrew Murdoch, 049-504-134, 23 Peppertree Ct, TORONTO 2283.

MUD BRICK BUILDING, great weekend workshops, practical/theoretical experience, meals provided. \$150. Brian Woodward, WOLLOMBI 2325. Ph: 049-983-284.

DOWSING - STUDY & EXPERIMENT with dowsing, radiesthesia & radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

NEWCASTLE AND HUNTER VALLEY. Permaculture courses based around interactive and practical learning techniques. Property consultation and design services also available. For information: Andrew Murdoch 049-504-134, 23 Peppertree Ct, TORONTO 2283.

HUNTER VALLEY, PERMACULTURE, organic growing, sml group practical learning at demonstration farm. Trevellyn Centre. For info: 049-389-528. PO Box 22. PATERSON 2421.

COB EARTH BUILDING workshops: sculpture a house from earth, including arches, shelves, niches. Make a cob bread/pizza oven. Five day workshops: 16-20 August, 13-17 September, 25-29 October. Weekend 8-9 November. Workshops can be organised on your land. Contact: Edible Landscapes, ph: 07-3870-3872. Fax: 07-3870-5890.

DESIGN SUCCESS is yours with personal tutor; support staff; up-to-date plain English information; illustrations; project ideas; videos; computer disk version and fast feed back via Email or Snail mail. Send SAE. PERMACULTURE VISIONS (R) - specialists in Personal Permaculture Tuition - 280 Cordeaux Rd. MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au Internet: <http://www.ozemail.com.au/~askpv/index.html> Live each day in a greener way.

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 business hours only.

PERMACULTURE ACADEMY TASMANIA, Certificate Design Course, 12th Jan - 22nd Jan, 1998, Woodbridge. Live in or out. Ph: Heather, 03-6267-5019, or Henry ecourt @ tassie.net.au

LEARN AROMATHERAPY AND NUTRITION through home study at a realistic price. 'The Art Of Aromatherapy' teaches you how to blend and use essential oils therapeutically to benefit your family and pets. 'The Natural Nutrition Course' shows you how common sense eating can combat and prevent illness without getting on the 'diet treadmill'. Free detailed brochures. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL, Qld 4217. Ph/fax: 07-5539-9633.

GARDEN AND ORCHARD

GARDEN SPRAY PUMPS, Australian, hand-made, all heavy duty brass construction, stainless steel ball valves, all joints 45% silver solder, adjustable spray nozzle. Last lifetime. \$95 incl post. Ten day free trial, excluding post. Ph: 046-841-684. 120 Reservoir Rd, BARGO 2574.

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send business size SAE. Worm World, PO Box 204 GR, ROLLINGSTONE 4816. Ph/fax: 077-707-001.

ECHINACEA SEEDS - Grow your own immune system booster. Seeds & Instructions. SAE and \$10 to: John Woods, Box 57 Galston, NSW 2159.

BAMBOO PLANTS, large range, best prices. Ph: 071-294-470. Fax: 071-290-130.

GINSENG - GROWN BY YOU! Both varieties, seeds for sale. Information: 'Yesspec' Box 2, OMEO 3898. Ph: 03-5159-1575 (evenings).

COFFEE ARABICA SEEDS, with growing, harvesting, processing, info. \$6. September to January only. C Westwood, PO Box 377, MURWILLUMBAH 2484. Ph: 02-6672-5834.

GARDEN SPRAY PUMPS, Australian, hand-made, all heavy duty brass construction stainless steel ball valves, all joints 45% silver solder, adjustable spray nozzle, lasts lifetime. \$95 incl post. Ten day free trial, excluding post. Ph: 046-841684. 120 Reservoir Rd, BARGO 2574.

TOBACCO SEED. Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAH 3639.

ORGANIC seed catalogue. Send SAE to: PO Box 908, GYMPIE 4570.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

TOBACCO SEEDS selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

Subscribe to Grass Roots and never face disappointment at the newsagents again! See page 82.

GRASSIFIEDS

GARDEN AND ORCHARD

HIBISCUS. Always propagating named hibiscus. Send SAE for free list. Tube stock available most of year. Mail order our speciality. Tropic Gardens Wholesale Nursery, 4 Randwick Rd, GYMPIE, Qld 4570. Ph/fax: 075-482-4687.

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of The Curator lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

WORMS WITH THE RIGHT ATTITUDE. Garden, compost, fishing & aviaries. All purpose, lge or smll quantities. Illalangi Working Worms. Ph: 064-581-472.

TREE GUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

RAINFOREST SEED COLLECTORS national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed - free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMBORINE 2340.

CREATE YOUR OWN GOURMET GARDEN! Permaculture plants & hardy perennials (banana passionfruit, asparagus, Jerusalem artichoke, Japanese raisin, Chinese date). Mulch plants (pigeon pea, lemon grass, tagasaste, comfrey). Legume ground covers for all climates. Lots more in this 32 page catalogue. Send 3 stamps to: Green Harvest, 52GR, Crystal Waters, MS 16 MALENY, Qld 4552.

HOLIDAYS

HOLIDAYS IN NORTHERN TASMANIA. Rent an organic farm for a few days or a week. Fully equipped (incl all linen), modern 3 b/r solar house on 5 ac. Pick your own produce (raspberries, asparagus etc), collect eggs and milk the cow. Close to beaches, nat pks, bikes & canoes avail. Bookings: Heron on Earth. Ph: 03-6428-6144. E-mail heron @ southcom.com.au Also: <http://www.southcom.com.au/~heron>

HEALTHY weekends for couples. Gympie. Ph: 07-5483-6736.

LAMINGTON GLEN - rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

HAVE A GREAT HOLIDAY in a conservation area for the whole family! Close to the beach (Pambula, Merimbula). Excellent rates. Plenty of wildlife. Women & children welcome. Ph: 064-942-175.

**DEADLINES: GR 124 - OCT 30TH
GR 125 - DEC 20TH**

MORUYA - FAR SOUTH COAST NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 044-742-542, pm.

RELAXING HOLIDAY IN MOUNTAIN area, plenty of wildlife, 20 minutes from Pambula. Excellent rates. Ph: 02-6494-2175.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

INTERNATIONAL PENFRIENDS has over 300,000 members worldwide aged from 8 - 80 years. Members receive an individual list of penfriends matched according to age group, hobbies & interests. Club newsletter & penfriend starter kit are also avail. For details please send SAE to: International Penfriends, PO Box 1016, EAST CAMBERWELL, Vic 3126.

SERVICES OFFERED

PRIMAL THERAPY. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity and the material world. The transpersonal vision is one in which compassion, love and responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability and potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives and are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work and projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax and feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow Street, GOLDEN SQUARE, Victoria 3555. Ph: 03-5441-3683.

MUDBRICK (EARTHWALL) TESTING - CERTIFICATE for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

WANT TO MAKE SURE the one you fancy for business or pleasure is really suitable? Be 100% sure first time! The QDW Australia (A1930C) offers you the service of a professional graphologist with 25 yrs experience. Send handwriting samples of the person/s in question. Each analysis \$25. For quick reply, incl your fax number. We send original by mail. Ph/fax: 08-8988-6320. Mail: GPO BOX 3579, DARWIN, NT 0801. Fast & accurate service guaranteed.

HOME PLANS. 90 plans for handcrafted homes of mud brick, rammed earth, stone, pole frame and timber construction. Mail \$62 (postage incl) for The Earth Builders Plan Catalogue, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 03-5222-4249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

OPPORTUNITIES

COUPLE, LATE THIRTIES, n/s, n/d, vegetarian, offer similar couple with estab r/ship an opportunity to become part of the family on 40 ac organic farm. Must be committed to personal growth, hard work, no drugs, no alcohol and no kids. Send SAE to: 'Opportunity', PO Box 908, GYMPIE 4570.

THIS IS NOT FOR FAINTED-HEARTED dreamers, social drop-outs, it is for positive 'can do' and 'have a go' or genuine down on luck people. Farm of 100ac, 10 year lease with option (present run down state), with improvements: 5 b/r + Queenslander, r/water tanks, gas & wood stove, 2 dams, river (secure water), fully fenced - some 20 ac vermin proof, 100 + of items of tools, gear on place and work done on place to start, ph connected, no 240 volt power, but working on it, 3 km from sealed rd, 30 km to country town, Woolies store, hospital. Suit single, family or group of compatible persons of any age or status. Place would grow organic veg, berries, herbs, plant nursery, animal breeding, aquaculture, handicraft activities etc. Totally rent free but must be able to contribute to carry out envisaged, planned realistic goals and own day to day living costs. Myself sincere compassionate health conscious middle aged male, conversant all type of farming, engineering, been through the school of hard knocks - life wise - now working five days per week away from farm, but would participate and pull 'my weight' on any new venture together on agreed share basis or will listen to your ideas. Please respond for further info: ECT, C/- (GR123), PO Box 242, EUROA 3666.

**To avoid disappointment ensure
your ad meets our deadline**

GRASSIFIEDS

OPPORTUNITIES

CARETAKER WANTED, west of Mittagong. Free power and accom, persons on pension okay, required to answer phone. Horse knowledge would be an advantage. Ph: 048-889-239.

FREE INFORMATION on extra cash flow from home-based part-time business. Call Gwen on 07-5485-4291, or send long SAE to: G Morton, Bates Rd, KIN KIN 4571.

RUBBER STAMPS AS A BUSINESS. This book covers all you need to know on building your own equipment, where to buy materials, the making of a stamp & how to market your product. Send \$15 + \$3.50 p&p to: Rubber Stamps, PO Box 51, MIRIAM VALE, Qld 4677. Ph/fax: 079-745-218.

HORSE DRAWN GYPSY WAGONS, 3 wagons caravans, 3 sets of harness, 2 Clydesdale Horses & all equipment. Asking \$18,000 contact: 03-5826-2420 AH.

OUTRIGGER FISHING CANOES for \$100? U-Build, U-sell. It's fun, fish, fitness & profit. Amazing new designs, fishing, sailing methods. Brochures, fishing safaris, workshop info, send 4 stamps to: CanoeWorld, Sandy Beach, RUSSELL ISLAND 4184.

OPPORTUNITY FOR GR-MINDED PERSON to live in small cottage in the Upper Hunter Valley. Cheap rent in return for caretaking and help to estab & maintain garden. For more details. Ph: 018-431-486.

CALENDAR EVENTS

ENVIROFEST'97, Sunday 26th October 1997 10am-4pm. The Wilton Reserve and Community Centre, Broughton Street, WILTON NSW. For more info regarding the event or to book a site, please ring Deborah Knoke, Wollondilly Shire Council on 02-4677-1326.

SPRING GARDEN EXPO, Boyup Brook, WA. A-Z in gardening. Sunday October 19th. Phone: 08-9765-1335.

WAGGA WAGGA ALTERNATIVE Health And Lifestyle Expo, November 8th-9th, Kyeamba Smith Hall, Wagga Showgrounds. Presenting alternative products, services and awareness. Lectures, workshops, vegetarian food, entertainment and more. For enquiries ph: 02-6925-2625.

AUSTRALASIAN PERMACULTURE CONVERGENCE, Nimbin, Oct 11-18. Workshops, field trips, seminars, designers' convergence, earth festival & permaculture expo. Enquiries: 066-891-755.

BRISBANE BACKYARD SHOW, promoting permaculture in SE Qld. Mt Gravatt showgrounds, Nov 1&2. Enquiries: 07-3349-1422, 07-3219-4594.

EARTH BUILDING For The Environment. One-day seminar and field trip based at University of Western Sydney-Hawkesbury, October 11, including talks on ecodesign & earth building, rammed earth workshop, visits to local earth homes, lunch, morning & afternoon tea. \$65 per person. Ph: 02-9651-3736.

PLACING AN AD?

See page 72 for details

FOLK, RHYTHM & LIFE, Sat 6th & Sun 7th December, Eldorado, Victoria. \$30 Adult, \$20 secondary students, \$70 family (2 adults any no of kids), under 12 free. Bands, food & market stalls, enviro expo, art expo, performance artists/poetry, children's workshop & heaps more. Ph: 03-9482-6616, Lisa or Claudine.

HANDMADE HOUSE TOUR, Oct 4, Bega Valley, self-drive, 11 unconventional houses, Art & Craft Expo Oct 4-5. Food avail, proceeds to Mumbulla Steiner School. Enq ph: Liz Challis, 02-6494-4165.

ENVIRONMENTAL OUTLOOK CONFERENCE - International & national update on environmental law & policy for business & govt. Hyatt Regency Sydney, Oct 9-10. Enq ph: 06-281-6624.

BACK TO BOWRA FESTIVAL, handmade houses tour of 15 innovative homes in Nambucca Valley. October 11 & 12. \$25 per car. Organised by Tallowood School where holistic activities encourage self-esteem and mind/body development. Enquiries to: Tallowood School, Bellingren Rd, Bowraville 2449. Ph 065-647-619, 065-647-908.

ST GEORGE FLORIADE, 10th anniversary, horticultural delight, water theme. Canberra's spring festival, Sept 20-Oct 19. Many events & exhibits. Enquiries: 1800-020-141.

CONSCIOUS LIVING EXPO, Silver Jubilee Pavilion, WA Showgrounds Exhibition Centre, Nov 20-23. Health, lifestyle & environment. Enquiries: 08-9481-0333.

CRYSTAL WATERS PERMACULTURE VILLAGE, 'the motivating edge' conducts '1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge', Crystal Waters, MS 16, MALENY 4552. Booking is essential.

THE SEED SAVERS' NETWORK, second half of '97, COMMUNITY SEED BANK TRAINING COURSES IN CAMBODIA, to provincial women trainers, to indigenous and international aid agencies in Phnom Penh, in Dehra Dun in India and in Florida with a third world seed production organisation. From Oct 27 to Nov 1 Seed Savers has a course in Byron Bay on preparing home gardeners, farmers, horticulturists and permaculture graduates to be volunteers in developing countries. For more info on the activities of the Network please send an SAE to: PO Box 975, Byron Bay, NSW 2481. Our Website can be accessed on <http://www.om.com.au> seedsave Also you can email us at seedsave@om.com.au

PUBLICATIONS

EARTHWORMS. Books and videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free list from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049. Ph/fax: 08-8377-2668.

'NIMBIN NEWS', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines and the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable and scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

'NATURAL HEALTH', the magazine of the Natural Health Society. subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High st, PENRITH, NSW 2750. Ph: 0247-215-068.

NATIVE AMERICAN BOOKS: Craft, spirituality, tribal history, political, language, reference, pictorial. Booklist available. Totem Books: 03-9417-6652 or www.totembooks.com

ROBYN'S BOOKS DOWNUNDER specialising in Australian books written by Australians. Latest book *Pamela's Natural Remedies - The Mid-day Show Fact Sheet Book* by Pamela Allardice. Remedies include natural health and beauty care including making face creams. Only \$19 incl postage anywhere in Australia. Money back guarantee. Write/fax/email for your free catalogue listing your specific areas of interest. PO Box 64, WINCHELSEA 3241. Fax: 03-5267-2967 or email bobby@ne.com.au

FOR SALE: GR 'EARLY YEARS' BOOK 1979, *Bumper Book*, GR issues 15,16, 17, 19, 35, 41, 46, 51, 55, 57, 60 + more. Ph: Garth Richards, 07-3256-6806.

'LOOKING AFTER OURSELVES', health, wealth and recycling, ninety-one pages, \$10 + postage. Ph: Margaret, 04-284-3638.

BEASTIE BOOKS, the animal book specialists are pleased to offer readers of *Grass Roots* (GR 123) a 10% discount on our huge range of mail order items. For information on any animal books, videos, CD roms etc, visit our shop at 82 Enmore Road, NEWTON, NSW 2042, or Ph/fax: 02-9557-7105.

FOR SALE: GR 19 - 22, 24 - 33, 45 - 48, 50 - 52, 56 - 97, 107 - 108, 115, 117 - 121, *The Early Years*, *Veggie Gardeners Companion*, *Bumper Book*, *Family Book*, winter '79 issue. Asking \$170 ONO. Ph: 03-9807-9122.

BOOKS - ALL VARIETIES, incl poultry, farm, etc. We sell, buy, search. Send SAE to: Pamela Linnane, PO Box 263, MAYFIELD 2304. Ph: 049-683-699.

CHESTNUT COOKING BOOKLET. Twenty-two delicious chestnut recipes, including entrees, main courses and desserts. Cost \$3.75 incl postage. Send cheque or postal order to: 'Wandi Valley', PO Box 178, BRIGHT, Vic 3741.

Please print your ad clearly
so we can do likewise

GRASSIFIEDS

PUBLICATIONS

'GRASS ROOTS' Sets: 20 - 80 \$180, 20 - 60 \$120 ONO. Ph: 03-6352-2285.

'OWNER BUILDER' MAGAZINE. Building a home? Owner Builder Magazine gives Grass-roots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK, 3116.

'ALTERNATIVE PLANS 9th Edition Catalogue - 1997'. The 9th edition of this popular catalogue is now available. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle & recreational construction plans, home-based businesses, solar panel making & powered water pumps, water purification, biological building, chemical hazards, earth energy fields & infrasound. Other titles include steam engine & methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens & water heaters, vortex tube plans, free energy machines and magnetic engines & generators. For your catalogue, send A\$5 cash or money order to: Alternative Plans, PO Box 487, ASH-GROVE, Qld 4060. Or, 33 Woodview St, SAM-FORD, Qld 4520.

'THE SEED SAVERS' HANDBOOK' by Michel and Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639. BOOKS. NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

EARTHWORMS. Learn how to breed them for gardening, composting, fishing, selling. Free booklist from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049 (formerly Mooloolaba). Ph/fax: 08-377-2668.

CONTACTS

NEW SOUTH WALES

NEWCASTLE GUY, 46, early retiree, own home, tall, fit, slim. Interested in alternative lifestyles, gardening, permaculture, antique restoration, poetry. Seeks a woman of taste, wit and intelligence, who shares my need for a new partner for life's fascinating journey. Prefer n/s, non-obese, had her children, nationality open. Photo please. FG (GR 123), C/- PO Box 242, EUROA 3666.

DEADLINES: GR 124 - OCT 30TH
GR 125 - DEC 20TH

LADY 34, 5'5", long brown hair, blue eyes, fit & terrific, natural beauty, loves: bush, beach, fresh air, cooking, odd red-wine, books, art, jazz, blues, reggae, vids, laughter, camping, love, romance, sensuality. You must be a male beauty inside & out and have similar interests. Please send SAE to: Natalie, 2 Laviwia St, FORESTER BEACH, NSW 2260.

MICK, 46, divorced, no ties or kids, have an outgoing personality. Seeking lady in her 30s with an understanding character as I am in Junee Correctional Centre; NOT seeking a sympathiser/martyr. I enjoy doing things together, R'n'R & ballroom dancing, travel, unsolved mysteries, movies, BBQs, picnics, eating out, evenings at home, all music except heavy metal and jazz. Dislikes: smokers, bad manners and sports on TV. Mick, (GR123), C/- PO Box 242, EUROA 3666.

MALE 54, interested in someone to write to. Vegetarian who doesn't drink or smoke, enjoys fossicking and keeping fit. Write 2/80 Macquarie St, GLEN INNES, 2370.

FORTY-TWO YEAR OLD, warm-hearted energetic Libran woman with a passion for tree planting and alternative healing seeks sensitive hairy man with 'fire in his belly'. If you are a father all the better. I would appreciate it if you were in your power and had an awareness of the energies around you. Recent photo appreciated. Reply SCH, (GR123), C/- PO Box 242, EUROA 3666.

ALTERNATIVE GUY, 29, seeks fit, attractive gal to 27, for business and pleasure. Have house, property and plan, looking for chemical reaction, please spill your beans to: Brett Bradley, Bishops Creek Road, NIMBIN 2480.

QUIET, CARING, EASY-GOING, spontaneous, male, 35, s/d-n/s, likes meditation, movies, travelling, walks. I am interested in Buddhism, sustainable farming, grassroots stuff. Living in the central western and far western NSW. I am looking for my soul mate! Attractive feminine woman, 24-40, who is caring, loving, who takes life's up & downs with a smile and a positive attitude. Write: David (GR123), C/- PO Box 242, EUROA 3666.

LOOKING FOR YOUNGER DUDE who wants a GR lifestyle. Gay GUY, 45 y/o. I'm employed so I can look after you in return for light gardening duties. I like the bush, beach, festivals, JJJ, a few beers. Dave (GR123), C/- PO Box 242, EUROA 3666.

WOMAN with strong earth based spirituality, interested in talking with others. Possible travel, possible relationship with compatible woman. Reply: FE (GR 123), C/- PO Box 242, EUROA 3666.

CUTE MARRIED MALE, 40s, surveyor, quiet gentle type, works in remote areas of Qld. Would like to meet young or mature female to share a few lonely nights, any area. Harry, PO Box 5004, MT GRAVATT EAST, Qld 4122.

NEWCASTLE, slim female, happy, romantic, down to earth, quiet natured, loves cottage gardening, rain on the roof, log fires, candle-lit dinners, natural health, occasional travel, dream of GR lifestyle, like to meet practical caring genuine male 48-55. Reply: Faye (GR 123), C/- PO Box 242, EUROA 3666.

I AM AN ASIAN MALE in my fifties. I am a very keen lotto player and would like to hear from other lotto-players to exchange ideas and suggestions and discuss about systems and books. I will answer all replies regardless of age sex or nationality. 'Lotto Player', PO Box 324, CAMP-SIE NSW-2194.

DOWN TO EARTH, attractive, cute, petite, Blue Mountain's lady 28 y/o. Some of my interests are: natural medicine, walking, recycling, movies, wilderness, reading, travel and listening to good music. I am looking for a nice n/s male companion aged 30 - 40 years, of slim to medium build. Must be single and is a one-woman man, looking for a long-term relationship. Knows how to treat a lady right. He would be very romantic, honest, caring, affectionate, generous, understanding, sensitive and very gentle, with a SOH. No smokers, alcoholics, drug users, tattoos, overweight, rough types or okers please. Social drinking OK. Prefer a man with similar interests. Please reply with photo to: TA (GR 123), C/- PO Box 242, EUROA 3666.

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

QUEENSLAND

TAURUS WOMAN, wishes to correspond/meet active, honest, optimistic gent 40s to 50s, n/s, s/d, good SOH. Love of life, nature, animals. Financially stable. Alternative living practices, for caring sharing and planning relationship together. AAA (GR123), C/- PO Box 242, EUROA 3666.

ARIES GUY, mid forties, 180cm, 78kg, n/s, s/d, fit, presentable, good sense of humour, articulate and (hopefully) intelligent extrovert; easy going, no hang-ups, discreet, financially independent professional. You've sprung me - the eternal optimist; recently arrived in Noosa with a healthy curiosity in all that makes living (nature & the good life) worthwhile! Seeking buddy/soul mate keen to share quality time/space/possible intimacy, leading to honest, respectful friendship - dare we hope for more? Write: John 69 (GR123), C/- PO Box 242, EUROA 3666.

FANTASTIC-FIFTY, female, gentle, spontaneous and intelligent. Welcomes friendship with beautiful man. Pamela (GR123), C/- PO Box 242, EUROA 3666.

GRASSIFIEDS

CONTACTS

QUEENSLAND

PERMACULTURED GENTLEMAN, 47, acupuncturist and nurse seeking self-sufficiency/commercial farming. Financial, similar partner older or younger. Had chronic fatigue, am nearing end of tunnel. Reading, music, occasional writing. John, PO, COOCHIEMUDLO ISLAND, Qld 4184.

SINGLE GENT, 29 y/o enjoys trips away, horse riding, photography, music and bush walks. Looking for a reasonably slim lady between 20-30, with n/s, n/d, habits. View to perm r/ship. Prefer Queensland area or willing to move. Photo appreciated and letters answered. Send to: Kevin (GR123), PO Box 9, ISISFORD, QLD 4731.

CAIRNS REGION MALE, 53 y/o, n/s, healthy, educated, financially stable atheist with a robust sense of humour. Interests: tropical horticulture, current affairs, Radio National, evolutionary biology and the environment. I am seeking an honest, practical, healthy lady of wit who has the capacity to appreciate a somewhat eccentric semi-alternative lifestyle on a wondrous established rainforest property. Michael (GR123), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR.

We will re-address & forward it.

Don't forget to put the issue number on reply, i.e: Skye (GR 123) ...

GENTLE SENSITIVE WOMAN, slim, long haired, reclusive loner with some hang-ups. Interests are: blues, harmonica, US & British motorcycles, herbalism, naturopathy & an alternative lifestyle. Wishes to meet a similar male 38-50 years, understanding & a n/s. Reply to: Julie (GR123), C/- PO Box 242, EUROA 3666.

COUNTRYMAN, 59 y/o, 5'8 1/2", n/s, s/d, 12 stone, nonreligious, sensitive, dances, travelled OS, semi-retired, self-employed, seeks woman who knows & loves country living, can give TLC, has energy & enthusiasm, no bookworms please. Ph: 07-958-128.

A **SOCIALLY** ordinary, but inwardly very special woman has her focus on northern NSW when planetary things happen. She's vegetarian, n/s, educated, financially secure, into emotional cleansing towards the spiritual. He needs to be something the same, in his 50s. Despite these clinical words, an intimate and companionable relationship is longed for. Kate (GR123), C/- PO Box 242, EUROA 3666.

SEEKING UNCONVENTIONAL LADY. Are you creative adventurous, love music, art, country life? Interested in sustainable lifestyle, travel etc. I am a sagacious 50ish, tall & fit male, with similar interests, you might like to share my paradise and travels. Please write to: TT (GR 123), C/- PO Box 242, EUROA 3666.

PLACING AN AD?

See page 71 for details

VICTORIA

ORGANIC FARMER, hard-working, healthy, happy and honest, clean living, n/s, s/d, gentleman, 35 years old from SW Victoria. Interests include reading, working with animals, music, camping, cooking, nature, alternative therapies/medicine, Reiki, environmental issues. Seeking friendship/permanent relationship with a special lady 29 - 40 years. All replies answered. Paul (GR123), C/- PO Box 242, EUROA 3666.

HI, I AM A 47 YEAR OLD female, looking for a male of similar age with a view to friendship. My hobby is photography and I am interested in painting, pottery, bushwalking and cycling. I am a social drinker, no drugs, nonsmoker, nor any religious cranks. Please enclose a recent photo. Looking forward to hearing from someone in the South Gippsland or Melbourne areas. Reply: Linda Sidors, 19 Kenneth St, INVERLOCH 3996.

GOOD LOOKING, so I've been told, 44 y/o financially secure male, seeks female to help find happiness, harmony and healthy lifestyle, Geelong area: Colin (GR123), C/- PO Box 242, EUROA 3666

HELLO, My name's George and although only ten years short of my biblical allotted span I'm still young in mind and spirit. I live as a member of a small community settlement co-operative in a remote but beautiful valley in the foothills of the Snowy Mountains. Our community consists of seven resident adults, namely, three couples and me. I live in a small but comfortable log cabin which is just big enough for two people. Over the last fifteen years or so I've spent a lot of time in Asia, including seven years in Japan, and so feel comfortable with people from that part of the world. I'd like to make contact with a nice, mature woman, preferably from an Asian background and without dependent children or pets, who might like to join me out here in the bush in developing a simple, satisfying lifestyle and a happy, peaceful life-partnership. Reply: CG (GR123), C/- PO Box 242, EUROA 3666.

TWENTY-EIGHT year old financially secure male, nonsmoker, n/d, wishes to correspond with 20-30 year old female n/s, n/d who values a healthy lifestyle, walking, travelling and dancing. If you're into board games, easy listening music and simply living, then get pen to paper. Write to: SF (GR123), C/-PO Box 242, EUROA 3666.

LONELY MALE early 40s, slim & healthy, sensitive & compassionate, alternative, wishes to meet lady early 30s to share dreams and aspirations. Contact: Mick, 03-5346-1527, RSD R676, DEREEL 3352.

If you doubt the wisdom of replying to any ad - trust your intuition

GENT 50s, tall, slim, reasonably fit, n/s, n/d, plans to rent house with large backyard, permaculture in mind, seeks compatible woman with children, view friendship and marriage. Write: Jules, (GR123), C/- PO Box 242, EUROA 3666, or phone 03-5229-1122.

MELBOURNE, outer eastern suburbs of Melbourne, My name is Ian, I am a 51 y/o single, never married, star sign Leo, I'm 170cm, n/s, s/d. I'm fair haired, blue eyed, broadshouldered and a fairly solid build, nationality Australian. I have a secure job as a canteen manager and am financially secure. My religion is Church of England, I am a regular church goer. I consider myself to be a quiet, tidy, easy-going person, gentle, caring, friendly, down-to-earth person, I'm not into drugs. I am mechanically minded & a good handyman. My interests are: classical music, picnics, gardening, concerts, flora & fauna, photography, travelling, looking after home, camping, long weekends in the country. The lady I'd like to meet should be single, no ties, 38-49 y/o give or take a year, who dresses casually like myself and who has a view to friendship & companionship with view to a permanent relationship, if compatible. Photo appreciated but not necessary. I live in outer eastern suburbs of Melbourne by myself. I also have my own house & car. All photos returned safely, all replies answered. NI (GR123), C/-PO Box 242, EUROA 3666.

SOUTH AUSTRALIA

TALL, handsome, intelligent, vegetarian male, a forties looking 58, blond, blue-eyed! Seeking thirties/forties soul mate for wholesome future! More to know? Write: Soul Mate, 66 Halsey Rd, ELIZABETH EAST 5112.

COULD YOU LIVE IN SECLUDED/permaculture, small community? In the bush? Interested? Ph: 08-255-1255 pm.

GOOD SPIRITED CHAP, 38, soon to move out of city with aim of living self-sufficient lifestyle. I'm 6', handsome, strong & fit, moral, dependable, thoughtful and open-hearted. I'm good with my hands and have an insatiable interest in traditional crafts. Enjoy travelling, camping and communing with nature. Would like to meet a compatible lady age to mid 30s, no ties. Please write to: Michael, 37 Beatrice St, PROSPECT, SA 5082, or ph: 08-8344-7263.

TASMANIA

'LONELY', 38, single mum with 3 young children would like to meet single, uncomplicated man, who enjoys the simple things in life. Good cooking, an outdoors lifestyle and an interest in GR style living. I have dark hair, am medium height and cuddly. Need someone to care about and to care about me... to share life's ups and downs with. Would happily relocate for the right person. Photo appreciated. Peta. PO Box 46, FINGAL, Tas 7214.



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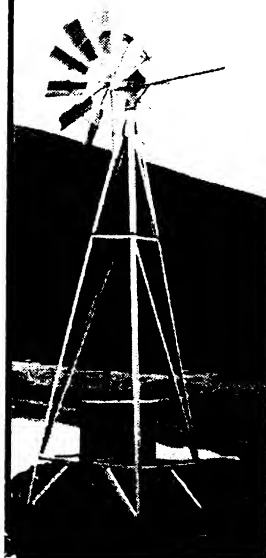
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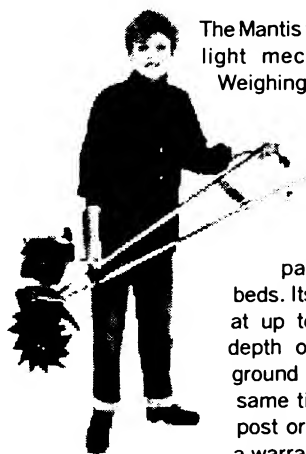
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Robert & Margaret Herbst

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